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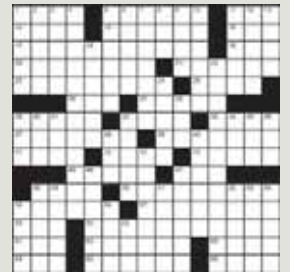


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BEST FOOT FORWARD

SLACKLINERS GETTING A PARK OF THEIR OWN

metroNEWS



AARON CHATHA/METRO

Two men sought in Airdrie shooting

RCMP in Airdrie are looking for two men suspected of opening fire on a third man near a fitness centre early Sunday.

According to RCMP, they responded to a report of shots being fired near a fitness centre on Mackenzie Way around 2:30 a.m. and when they arrived on scene they found a man who had been shot several times.

Police said little is known about the incident, but initial reports indicate words were exchanged between the victim and two people who were driving by.

The victim was taken to hospital in serious condition, but the injuries weren't life threatening, RCMP said.

Police are looking for two people who drove away in a white or silver Subaru.

The two men are both described as white, in their early 20s. One of them was wearing dark clothing and a white ball cap. Police believe the two are armed and dangerous. METRO

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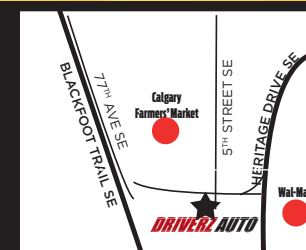
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Slain officers' memorial now counts 100 names

POLICING

Service shows 'unending respect' felt for fallen heroes



Ryan Tumilty
Metro | Edmonton

Fellow officers and regular Edmontonians came out in force Sunday as the province added two more names to the memorial for peace officers who lost their lives in the line of duty at the Alberta legislature.

The "Pillar of Strength" memorial added the names of St. Albert RCMP Const. David Wynn and Edmonton Police Const. Daniel Woodall, who were both slain on the job earlier this year.

Wynn was shot while attempting to apprehend a suspect in a stolen vehicle north of Edmonton in January.

Woodall was shot and killed in



I hope you can take comfort in the legacy of service in their too-short time on the earth.

Lt.-Gov. Lois Mitchell

June when he executed an arrest warrant related to hate crimes.

Woodall's name was the last of 100 that were read during the service.

Woodall's wife Claire, who laid the first wreath during the service, said she was pleased to see so many people come out for the unveiling.

"It was a really, really amazing turnout. It means a lot to myself and the Wynn family," she said.

She said the service struck a deeper emotional chord than she expected.

"It was a lot harder today than I thought it would be," she said.

"It was difficult, but it was needed and we got great support from everybody.

Officers from the RCMP, Edmonton and Calgary Police as well as sherriffs, military police and correctional officers were all at the event, and Woodall said she it shows the strength of the law enforcement family.

"It's a big family and you can tell it's a close-knit family that is always going to be that way."

Lt.-Gov. Lois Mitchell told the crowd she hoped the families of fallen officers took some comfort from the exemplary work those officers did.

"Nothing we can say today can take away the pain of your loss, but I hope you can take comfort in the legacy of service in their too-short time on the earth."

RCMP deputy commissioner Marianne Ryan said the annual



Guards hold vigil over the Pillar of Strength memorial at the Alberta Legislature on Sunday.

RYAN TUMILTY/METRO EDMONTON

memorial will always be a solemn reminder of the risks of the job.

"It reminds us, very painfully, of the tragic realities of police work."

During the service, an RCMP service dog named Aztec brought

smiles to many faces by barking enthusiastically every time a commander called the hundreds of police and peace officers on the legislature grounds to attention.

"Each and every day, police and peace officers are prepared

to make the ultimate sacrifice to keep us safe," said Kathleen Ganley, Alberta's justice minister and solicitor general. "All police and peace officers have my heartfelt and unending respect and gratitude for the work they do."

WITH FILES FROM THE CANADIAN PRESS

POLITICS

Online voting unlikely

The City of Calgary wants more people to vote in the next municipal election, but would taking the ballot box online help?

Calgary's returning officer Barb Clifford said she's skeptical about the value of creating an online voting system.

"It's been tried quite a bit in Ontario and it's never increased voter turnout," said Clifford.

She said instead, it led to more people who would've voted anyway voting earlier than the official election day in most cases.

Coun. Gian-Carlo Carra said he found that news surprising, but also understands that sometimes technology just isn't where it needs to be for people to adopt new methods.

"There's lots of things that seem in our grasp - like smart cards for transit," said Carra. "I think invariably we'll be voting and doing a lot more online. If it's not there yet, or if that's not the magic bullet, then that's interesting."

With evidence from other cities to show it might not increase voter turnout, Clifford said the city will need to ask if the cost justification is there.

"I think Calgary is always the cheapest of cities across Canada. We were \$1.89 per elector," said Clifford.

She said other cities comparable to Calgary in size were paying over \$5 per elector in a municipal election.

BRODIE THOMAS/METRO



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COLLISION

Calgary motorcyclist has 'life-altering' injuries

A motorcyclist was rushed to hospital in serious but stable condition with "life-altering" injuries after hitting a car Saturday.

According to Calgary police, they responded to the two-vehicle collision at the intersection of 68 Street and McKnight Blvd. NE around 8:20 p.m. after a northbound motorcycle hit a southbound car attempting a left hand turn eastbound.

The car crossed the path of the motorcycle and the rider was thrown approximately 18 metres, police said, before coming to rest.

An off-duty paramedic was the first to arrive on the scene, Calgary EMS said, and provided care until EMS arrived. The victim, believed to be in his late 20s, suffered multiple injuries, including spinal injuries, and is in serious but stable condition. Police said the motorcyclist was wearing the appropriate helmet.

The driver of the vehicle wasn't injured.

Alcohol is not believed to be involved in the crash, police said, however they're looking at speed as a contributing factor.

Anyone who may have witnessed the collision is asked to call the Calgary Police Traffic Section at 403-567-4000, or the non-emergency line at 403-266-1234.

METRO

Hobbyists ask city to cut them some slack

PARKS AND RECREATION

Pilot project will install metal poles to preserve trees



Helen Pike
Metro | Calgary

A tree-slitting sport that has taken the back seat to policy for two years in Calgary is finally being accommodated by the city, but slackliners are still after a better balance between trees.

The City of Calgary is in the midst of installing its first slackline infrastructure as a pilot project in a park near Deerfoot City. The large green metal poles, which will be anchored into the ground, will replace trees slackliners traditionally use.

John Merriman, parks community strategist with the City of Calgary, said they're hoping to pilot the three posts to see if they work, how often they're used and whether the posts will hold up to Calgary weather.

They hope to have the poles ready for use by the end of October.

It's a bittersweet victory for the slacklining community.

"Everyone wants to be in nature, and they want to do it in the most natural way



Michael Sparks and his son are avid slackliners - and would be happy to test out poles as part of a city pilot program to provide an alternative to using trees. AARON CHATHA / METRO

they can, so that's where the trees came in," said Michael Sparks. "There's two minds of it, it's great that they're doing it, but at the same time it's not getting to the root of what we want."

The city's relationship with slackliners started two years ago when the community noticed their light-hearted fun was against the city's tree protection bylaw.

Ever since, the community has had warnings against tree use while advocating for a

change of heart that would allow them to use sturdy trunks without being shooed away. "We may explore some other sites around the city,"



We have to balance usage of other green spaces as well.

John Merriman

Merriman said. "We have to balance usage of other green spaces as well."

Merriman said they have to consider other users and whether or not setting up spaces for slackliners would interfere with park use.

Sparks said although they're happy to test out the poles, it's not an ideal solution for other spaces, as part of slacklining culture is the ability to perform it anywhere and especially in a natural setting.

VEHICLES

Roomier rides at carshare service

Your car2go ride just got a little roomier.

The popular carshare service has doubled the leg - and seat - room in its cars with a new pilot that will see four door cars become a Calgary staple for those who don't have wheels of their own.

"We're just going to give Calgarians another option on how to go from point A to point B," said car2go Calgary location manager Jon Wycoco.

Calgary will be among the first cities along with Vancouver and Toronto to pilot the four-door cars with 25 new B-Class Mercedes vehicles added to city streets.

The service will cost the same as a typical car2go ride but can only be booked through the app.

Those with mobile devices can differentiate between two and four car doors on the app's car icon and begin their session over the phone's touch screen instead of on the screen inside the vehicle.

Wycoco said the length of the test hasn't been determined. It's also unclear how many four-door cars will be added in the future.

In the past parking and car2go vehicles has been a sticking point at council meetings - especially the notion of "clustering" - when it comes to the small vehicles which are often left downtown for long periods of time throughout the day.

HELEN PIKE / METRO

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IN THEIR OWN WORDS PEEPLE'S FAQ

Can I start someone else's profile?

Yes. You will need their cellphone number to start their profile and they will receive a text that you were the person to start their profile and that they should check out what you said about them on our app.

Can Google pick up on anything from the app?

Google does not have

access to the information that is in our app. The only information that Google will have access to is if another user shares the comments they made about you or you share the comments made about them or yourself with our share features. If a profile is unclaimed there is no sharing capability on what has been said on it.

How long do negative re-

views last on my profile?

Your reviews will only go back one year. We know that you grow and change for the better and we want you to be able to have your best foot forward at all times year-over-year.

What happens if someone bullies me?

You will be able to report any bullying in the comments you receive

and we will be able to remove the comment and remove the user who violated our terms and conditions.

Can I take myself off of Peeple?

No. Not at this time. We may consider this feature in the future.

NOTE: Peeple reserves the right to change any features now and in the future.



Co-creator Julia Cordray said her company is adding a FAQ section to their website to counter negative comments about the yet-to-be-released application for the iPhone which lets you rate people in three categories. CONTRIBUTED

Founder of Peeple stays positive

TECHNOLOGY

Despite critics, CEO says app's safeguards will help it succeed

Brodie Thomas
Metro | Calgary

Peeple app CEO and co-creator Julia Cordray says she's a bit dismayed about the negative feedback online surrounding her app.

With confusion about how the app will work, her company is launching a "Frequently Asked Question" section to their website in hopes of better explaining the finer points of the service.

The idea behind the Calgary-based Peeple is that everyone should have an online rating, just as most businesses do

Cordray said Peeple will mainly be a centre for online positivity because they've taken away all anonymity found with other apps.

Signing up will require a Facebook account that is more than six months old, and a cellphone number.

"You are not anonymous," said Cordray. "You are the name

of the person you signed up as."

But what about the online troll who doesn't care, and wants to say negative things about every Peeple user they meet? Cordray said their comments will be of less value to the entire network because their positivity rating will be so low.

Users will also be able to see every comment a user has made about other people on a single page, and draw their conclusions from that information about his or her reliability.

"We don't think people are going to be playing small on this app but the ones who do are just going to look like idiots," she said.

Having a mistake or indiscretion called out online by other

users who know you is a real possibility. But Cordray said the app is weighted towards positive comments.

"Yes, if somebody knows you like

they do at work, and you do something questionable you can defend yourself publicly. And they might look silly for raising it."

Cordray believes that once users see the safeguards built into the app, they will embrace it as a useful tool.

"There are so many positives here," she said. "We're not here to cause harm."

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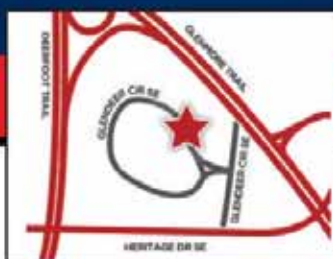
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WORD ON THE STREET

Does the recent gun violence concern you?

“Definitely it concerns me. It’s just worrying to know who the targets are, because they’re just regular people.”



Sarah Buzreba, 15

“Not really, everyone I know is pretty safe with their guns.”



Rami Ahjura, 21

“Yes, of course. We have kids, friends, neighbours. We’re afraid to lose them.”



Olivier Munje, 42



Troy Scarr found out he had melanoma after doctors revealed one of his lymph nodes had the cancer. JEREMY SIMES/FOR METRO

Walk sheds some light

STRIDES FOR MELANOMA

Event helps raise funds and awareness about disease

Jeremy Simes
For Metro | Calgary

Troy Scarr felt a larger-than-normal bump near his groin when he was showering in early spring.

Concerned, he quickly saw a doctor two days later.

Tests revealed he had melanoma, but no mole or other skin symptoms to prove it.

“I was gutted,” said Scarr, 42. “The first thing I thought was, ‘Am I a dead man?’”

Scarr — along with many Calgarians — came out to the 4th annual Strides for Melanoma Walk for Awareness event early Sunday morning to talk about the disease and raise funds.

Scarr said he considers him-

self one of the luckier ones — he’s now cancer-free, after undergoing an aggressive surgery to remove his cancerous lymph node and receiving some radiation.

But not everyone has it easy with the disease, said Dr. Susan Poelman, a dermatologist.

“We’re seeing more young people die of melanoma every year,” she said.

Poelman said genetics and environmental pressures — mostly ultraviolet radiation from the sun and tanning beds — can cause the disease.

But, “It’s a cancer that can be cured if picked up early,” she added. “If they see their doctor as soon as they can, it can be life changing.”

Scarr admitted he isn’t entirely sure what caused his melanoma, but said he wouldn’t be surprised if it was a combination of things: He worked at a tanning salon in university and sustained a few sunburns in his teens.

He said the walk is a time for him to give back and talk about an issue that hardly sees any daylight.

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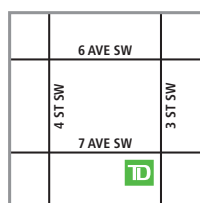
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7	2	5	6	9	8	3	4	1
3	4	1	5	2	7	8	9	6
4	6	7	8	1	9	5	2	3
9	8	3	4	5	2	6	1	7
1	5	2	7	6	3	4	8	9
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READY TO ENGAGE

Metro's coast to coast daily election series connects young, urban Canadians to the issues they care about

'I trust none of them' — except Green party leader



ROSEMARY WESTWOOD
in Edmonton

It's all about one federal leader for Anna Rushdy.

"I feel like I'm pretty good at reading whether someone's being honest. I trust none of them, with the exception of Elizabeth May."

To the 27-year-old Edmontonian, every other federal party leader is a slave to partisan politics. And May is the antidote.

So, on Oct. 19, Rushdy will vote Green.

"Partisan politics actually does nothing, especially for me — and when I say for me, I mean poor people."

"We already know Harper doesn't care about poor people, but I'd be hard-pressed to believe that the other two do."

The Liberals' Justin Trudeau, in particular, earned Rushdy's ire through his glad-handing presence at Pride events in the city, politicking at a time when Rushdy says the LGBTQ community, and its oppression, should be in the spotlight.

They (Rushdy is gender-non-conforming and rejects he/she pronouns) sit in the basement café of an old brick building in Edmonton, the site of a former job, before they landed a slightly better low-paying job at a bakery.

After graduating in 2011 with a degree in education with a specialization in special-needs care, Rushdy hasn't been able to find related work. Deferring student loans has helped, but it doesn't make them disappear.

Rushdy's been to the polls twice before: Once to vote Green, and once to spoil the ballot — drawing happy faces beside each candidate. It was only after hearing Elizabeth May promise to make post-secondary education free and forgive student debt above \$10,000, that Rushdy decided to pick a candidate this time.

"Those are things that actually affect my quality of life. It's very anti-classist, and I love that."

Planning to vote Green in a riding pollsters are predicting is a tight NDP/Liberal race doesn't worry Rushdy.

"If you're constantly telling people, 'If you vote a certain way, you're throwing away your vote' — no one will ever vote that way."

That kind of language only underlines the status quo, Rushdy said.

"If we truly believe in democracy and that's how we have our voices heard, we need to vote for who we think is best, and not because all your friends are voting NDP, and it's hip and fashionable."

Rushdy believes change is possible: "We never thought we would see a non-Conservative Alberta."

As the election approaches, Rushdy senses a chance to shift political discourse.

"I think my needs are most met not even just by what the party platform is, but by anti-partisan politics."

"Because what it is, is a discussion between people not against people."

Plus: "I'm looking forward to a Harper-free Canada."

Rosemary Westwood is traveling across the country talking to young voters.



VOTER PROFILE

Name: Anna Rushdy **Age:** 27 **Riding:** Edmonton Centre
Their issues: LGBTQ rights, poverty, post-secondary education funding

On engagement, feds just can't fight city hall

MUNICIPAL VS. FEDERAL

Partisanship among national parties seen as a turnoff



Ryan Tumilty
Metro | Edmonton

Chris Henderson has run three highly successful municipal campaigns. His most recent gave Edmonton's 36-year-old mayor, Don Iveson, a resounding win in 2013.

Henderson, 33, took leave from his full-time job in marketing to work 20-hour days for months to help Iveson get elected, but he's decidedly less interested in the federal election. "I would let my children watch violent television before I would let them watch a leaders' debate," he said.

Henderson said the partisan-



Chris Henderson sits in the campaign office during Mayor Don Iveson's 2013 run. Despite his willingness to get heavily involved in municipal politics, Henderson said federal politics don't interest him or other young people. METRO FILE

ship and acrimonious debates in federal politics are turning young people off and keeping them out of the process.

He said that Iveson's campaign was able to attract hundreds of young volunteers in large part because no one cared what someone had done before or what party they belonged to.

"It was just whoever was in-

terested in working," he said. "There was no ideological behaviour involved."

On top of that, he said, federal politicians are missing the basics people care about — issues like good roads, affordable housing and reliable transit. "Municipal services are the things that actually matter to people."

Calgary Mayor Naheed Nenshi agrees there is far too much "mindless partisanship" in federal politics and he believes Canadians feel the same way. "I don't identify with the left or the right or the Con-

servative or the Liberal and I think very few Canadians actually do," he said. "They identify with pragmatic things that will make their community better."

Nenshi said party politics forces leaders to focus on matters essential to their base, but meaningless to most Canadians. "The current debate around the niqab at citizenship ceremonies is a really good example of that," he said. "It matters to no one."

Iveson said the young people he talks to are engaged, but in local issues, like housing and transit, or global ones like climate change and the refugee crisis. "Federal politics in particular is pretty abstract when you're dealing with your post-secondary issues, or your transportation issues or your housing issues," he said.

Iveson said there are battleground ridings that could swing if federal politicians were talking about how to make buying a house or getting to work easier.

"Federal leaders who can speak with authenticity on those issues will find themselves all of a sudden relevant to that potentially deciding vote."

THE MAYORS

Young superstars

Much of the energy and enthusiasm from politically active young Canadians is being directed not at the House of Commons but at city halls, particularly in the West.



Gilbert Ngabo
Metro | Toronto

Naheed Nenshi: He was only 38 when he won the Calgary mayoral race in 2010, and the first Muslim mayor of a large North American city. A Harvard graduate, nonprofit management professor and business adviser, his popularity has grown over the years in office.

Don Iveson: He's serving his first term as mayor of Edmonton, a job he assumed in 2013 when he was only 34. His strong asset is community organizing. From his experience running the university

newspaper to serving as president of Canadian University Press and advocacy director of the University of Alberta Student Union, he's always seemed destined for politics.

Gregor Robertson: He was 44 when, in 2008, he won the race to become mayor of Vancouver. Now serving his third term, Robertson was an active member of the NDP of British Columbia until he resigned to run for mayor.



I would let my children watch violent television before I would let them watch a leaders' debate.

Chris Henderson

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HERITAGE

Quebec to fix 11 racist site names

Eleven Quebec sites whose names contain words with pejorative or racist connotations will be renamed, a provincial commission announced Friday.

In a news release, the commission announced it had “de-officialized” the place names, all of which contain the word “n—” or the French word “negre.”

“Some of these place names, over time, testify to historical events,” the statement read. “However, even if the words ‘n—’ and ‘negro’ are of ancient usage, they can violate the dignity of the members of the black community.”

Rachel Zellars, a McGill University PhD candidate who studies the history of slavery and of black Canadians, started a petition in early August after hearing a media report that included the statement that no official complaints had been lodged against the names.

THE CANADIAN PRESS

Leaders keep it local

ELECTION 2015

NDP, Tories keep focus on homegrown issues

All three main federal parties concentrated on homegrown, hot-button issues and largely kept their foreign policy powder dry ahead of the next leaders’ debate.

New Democrats put themselves squarely in the spotlight with Tom Mulcair outlining, in broad strokes, the party’s plan to address climate change. But in a half-hour long question-and-answer session with party members and the media, he forcefully reiterated his case to repeal two signature pieces of the Harper government’s security and anti-terror agenda.

Not to be outdone, the Conservatives rolled out two cabinet ministers to take shots at the Liberals over Justin Trudeau’s suggestion his party would scrap some aspects of the mandatory minimum sen-

tencing law, another marquee piece of legislation for a government that paints itself as tough on crime.

Tony Clement and Julian Fantino, speaking in Vaughan, Ont., also went after Trudeau for interview comments earlier in the weekend where he was quoted as saying deficits are a way of measuring economic growth and success of a government.

Both ministers, additionally, piled on the \$146 billion costing of the Liberal platform, released Saturday in Ottawa, saying it would “destabilize” the economy.

Trudeau and Conservative Leader Stephen Harper were both off the campaign trail in anticipation of Monday’s foreign policy debate.

Mulcair, in Toronto to talk climate change, gave a taste of how acrimonious the exchange could get by accusing the Conservatives of holding back until the middle of the election campaign on the plan to strip the citizenship of the convicted Toronto 18 terror ringleader.

THE CANADIAN PRESS



NDP Leader Tom Mulcair addresses supporters during a campaign stop in Toronto. ANDREW VAUGHAN/THE CANADIAN PRESS



WHERE THE LEADERS ARE MONDAY



• **Stephen Harper, Justin Trudeau and Tom Mulcair** will be in Toronto for the Munk debate on foreign policy taking place at 7 p.m. EST.

• **Elizabeth May** will be in Vancouver.

ROBERT PICKTON

Missing tributes shock brother

A brother of one of the women murdered by Robert Pickton says he’s shocked and upset after the City of Vancouver removed plaques honouring three of the killer’s victims.

Bronze plaques bearing the names of Georgina Papin, Brenda Wolfe and Marnie Frey were installed in a sidewalk in the city’s Downtown Eastside in 2012.

George Papin said he treasured the memorial “as it was a part of me, just like my sister,” he said. “And now they take this away.”

The memorials were part of an unfinished project called The Living Stones, which was originally set to lay 62 plaques at the last known locations of missing and murdered women.

The city took over the project in 2013 after the non-profit group that launched it dissolved. A city spokesman said staff had been working to “resolve issues” around the project. THE CANADIAN PRESS

OUTRAGE

NDP candidate apologizes for phallic Auschwitz joke

Jewish groups say they were astonished that an educated school trustee running for the New Democrats in the federal election had no awareness of one of the Nazis’ most notorious deaths camps.

Jewish leaders were reacting to comments by Alex Johnstone, the NDP candidate in Hamilton, Ont., who was forced to apologize for referring to fence posts at Auschwitz as being phallic on a Facebook page in 2008.

Explaining her comments to a local newspaper Tuesday, Johnstone reportedly claimed that she didn’t know what Auschwitz was.

Jon Goldberg of the Atlantic Jewish Council says he found it difficult to believe that Johnstone, a social worker by training and school trustee, would not be familiar with the concentration camp in Poland that was responsible for the extermination of more than one million people.

He doesn’t believe there was malice in the remark and instead says it signals the need for greater education about the Holocaust.

Shimon Koffler Fogel, CEO of the Centre for Israel and Jewish Affairs, was equally incredulous at the admission and says it’s important that elected officials know their history so that they might work to prevent it from being repeated.

THE CANADIAN PRESS

CHARITY AUDIT

Think-tanks more politically active than claimed: Institute

The Broadbent Institute, a left-leaning think-tank, has levelled another broadside at the Harper government over the Canada Revenue Agency’s auditing of charities.

The organization says the country’s most active right-leaning charities continue to report zero “political” activity in their latest filings and that raises fresh questions about how conservative-oriented charities are interpreting the revenue agency’s rules.

“This report makes clear that the CRA rules around political activity are interpreted, to put it charitably, quite differently by many right-leaning charities,” the report said.

Rick Smith, Executive Director of the Broadbent Institute, says nine-out-of-10 right-leaning charities, including the Fraser Institute, the Atlantic Institute for Market Studies and Focus on the Family, reported conducting

no political activity last year.

But he claims each of them did carry out activities in 2014 that appear to meet CRA’s definition of “political.”

Smith points to a Focus on the Family study that supports income splitting, a pillar of the Conservative government’s re-election strategy and the Canadian Constitution Foundation’s support of two-tiered health care.

THE CANADIAN PRESS

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A 'moral outrage'

DEVELOPMENT

Obama pledges U.S. support to new UN anti-poverty strategy

President Barack Obama on Sunday committed the U.S. to a new blueprint to eliminate poverty and hunger around the world, telling a global summit that a sweeping new development agenda is "not charity but instead is one of the smartest investments we can make in our own future."

It was the first of two addresses Obama is making at the United Nations. His second, to the annual UN General Assembly of world leaders and expected Monday, will be a broader examination of world issues, especially the escalating conflict in Syria and the related refugee crisis.

As Secretary of State John Kerry said after a meeting Sunday, "It would be a complete understatement to say that we meet at a challenging time."

Obama offered a powerful defence of a 15-year development

agenda that will require trillions of dollars of effort from countries, companies and civil society.

He told delegates 800 million men, women and children scrape by on less than \$1.25 a day and billions of people are at risk of dying from preventable diseases.

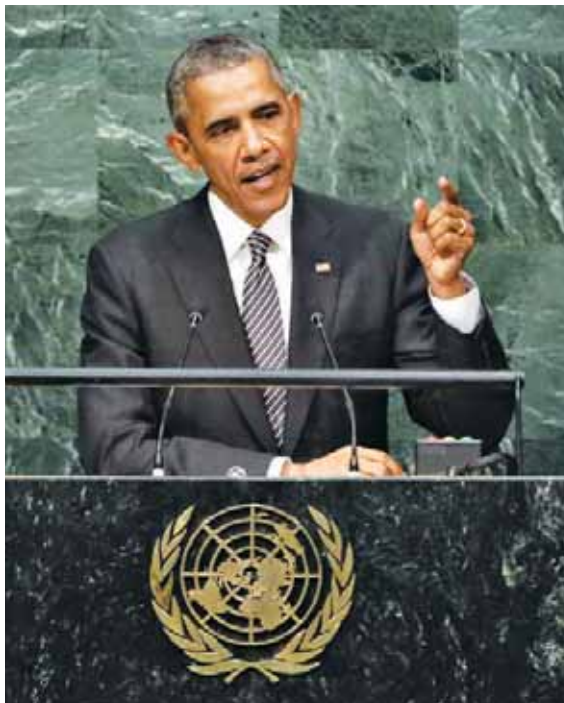
He called it a "moral outrage" that many children are just one mosquito bite away from death.

Obama said the goals are ambitious but can be achieved if governments work together.

And, with a possible nod toward his address on Monday, he noted "military interventions might have been avoided over the years" if countries had spent more time, money and effort on caring for their own people.

"Development is threatened by war," Obama said, and war often arises from bad governance. Addressing the world's greatest refugee crisis since the Second World War as millions flee conflict in Syria and elsewhere, he said countries "that can, must do more to accommodate refugees" but added those efforts "must be matched by hard work of diplomacy."

THE ASSOCIATED PRESS



U.S. President Barack Obama addresses the 2015 Sustainable Development Summit at the United Nations headquarters in New York City on Sunday. RICHARD DREW/THE ASSOCIATED PRESS

PAPAL VISIT

Pontiff takes part in massive Mass

Pope Francis joined hundreds of thousands of the faithful Sunday for the last and biggest event of his joyful, six-day U.S. visit — a Mass on Philadelphia's grandest boulevard — after meeting with victims of the church sex abuse scandal and offering words of hope to jail inmates.

Riding through the streets in his open-sided popemobile, the pontiff waved to cheering, screaming, singing, flag-waving crowds as he made his way up the Benjamin Franklin Parkway and reached the altar at the foot of the broad steps of the Philadelphia Museum of Art. It was the final stop on his itinerary before he was to return to Rome.

Organizers predicted a crowd of one million, though there were fears unprecedented security — including airport-style bag searches, crowd-control cattle chutes and blocked streets — had scared many people away.

Prior to the Mass, Francis met with victims of child sexual abuse and told them he is "deeply sorry" for the times they told their story and weren't believed. He assured them he believes them and bishops will be held to account for what they did.

“

We will follow the path of truth wherever it may lead.

Pope Francis

"I pledge to you that we will follow the path of truth wherever it may lead," Francis said in Spanish.

Then, he went into a meeting with American bishops in town for a Catholic festival on the family and told them the same thing face-to-face.

"God weeps" over what was done to the youngsters, he said.

Also Sunday, Francis visited a Philadelphia jail to give hope of redemption to about 100 inmates.

"May you make possible new opportunities, new journeys, new paths," he said, standing before a wooden chair the men had made for him for the occasion.

The blue-uniformed inmates, some of them heavily tattooed, seemed moved. They clasped Francis' hands, and two gave him a hug. THE ASSOCIATED PRESS

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Palestinians pray during the Muslim holiday of Eid al-Adha on Thursday, near the Dome of the Rock Mosque.

MAHMOUD ILLEAN/THE ASSOCIATED PRESS

Violence at holy site

JERUSALEM

Palestinian protesters claim fears of Israeli takeover

Israeli riot police briefly clashed with young Palestinian protesters at Jerusalem's most sensitive holy site early Sunday, raising tensions ahead of a major Jewish holiday.

No injuries or arrests were reported following the clashes at a hilltop compound in Jerusalem's Old City that is revered by Jews and Muslims. The site is a frequent flashpoint of violence, and Israel has beefed up security around the area following several rounds of clashes in recent weeks.

In Sunday's incident, police said a small group of masked Palestinian youths threw stones and firecrackers at Israeli police gathered at a main entrance to the compound.

Police, many of them holding riot shields, responded with stun grenades and the crowd was quickly dispersed.

Israel captured the site from Jordan in the 1967 Mideast war. Under a long-standing arrangement, Jews are allowed to visit the compound, but

not pray there, while Jordan retains custodial rights.

Calls by a group of religious Jews to visit the site on the eve of the Jewish New Year earlier this month sparked ru-

mours among Palestinians that Israel was planning to disrupt the delicate status quo governing the site and take it over. THE ASSOCIATED PRESS

MECCA

Bodies of trampled pilgrims identified

Iran, Egypt and Pakistan said Sunday that they had identified dozens more bodies from a crush of Muslim pilgrims three days ago that killed more than 700 people during the hajj in Saudi Arabia.

Iran's state TV raised the death toll for Iranian pilgrims from 155 to 169. More than 300 Iranians are still missing and around 100 were wounded in Thursday's incident.

The largest number of casualties identified thus far is from

Iran, which has accused Saudi Arabia of mismanaging the annual pilgrimage and has vowed to take legal action against it.

Saudi authorities say at least 769 people died when two large waves of pilgrims converged on a narrow road Thursday during the final days of the annual hajj. Survivors say the crowding caused people to suffocate and eventually trample one another.

The hajj this year drew some 2 million pilgrims from 180 coun-

tries, though in previous years it has drawn more than 3 million without any major incidents. Able-bodied Muslims are required to perform the five-day pilgrimage once in their lifetime, and each year poses a massive logistical challenge for the kingdom.

For the third straight day, Iranians protested outside the Saudi Embassy in Tehran, chanting against the ruling Al Saud family that oversees the pilgrimage.

Shiite Iran and Sunni Saudi

Arabia are fiercely divided on a host of regional issues, and back opposite sides in the wars in Syria and Yemen.

Meanwhile, Egypt's Minister of Religious Endowments Mohammed Mokhtar Gomaa told the state-run Middle East News Agency that 55 Egyptian citizens are among the dead.

Pakistan's Ministry of Religious Affairs said Sunday that 36 Pakistanis were killed in the incident. THE ASSOCIATED PRESS

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Secessionists jubilant

CATALONIA

Victory in Spanish vote could lead to breakoff nation

Pro-secession parties pushing for Spain's northeastern Catalonia region to break away and form a new Mediterranean nation won a landmark vote Sunday by capturing a majority of seats in the region's parliament, setting up a possible showdown over independence with the central government in Madrid.

With 97 per cent of the vote counted, the "Together for Yes" group of secessionists had 62 seats in the 135-member parliament. If they join forces with the left-wing pro-independence Popular Unity Candidacy party, which won 10 seats, they will have the 68 seats needed to push forward their plan to make Catalonia independent from Spain by 2017.

But CUP had insisted that it would only join an independence bid if secessionist parties



Pro-independence supporters cry out in Barcelona on Sunday, after an election that might propel Catalans toward separation from the rest of Spain by 2017. THE ASSOCIATED PRESS

won more than 50 per cent of the popular vote. They won only about 46 per cent because of a quirk in Spanish election law that gives a higher proportion of legislative seats to rural areas with fewer voters.

Still, Catalonia leader Artur Mas claimed victory as a jubilant crowd interrupted him with cheers and chants

of "Independence!"

Many Catalans who favour breaking away from Spain say their industrialized region, which represents nearly a fifth of Spain's economic output, pays too much in taxes and receives less than its fair share of government investment.

"As democrats we were prepared to accept the defeat.

Now, we demand that they accept the victory for Catalonia and the victory of the 'yes,'" said Mas. "We have a lot of work ahead, we won't let you down, we know we have the democratic mandate. We have won and that gives us an enormous strength to push this project forward."

THE ASSOCIATED PRESS

SYRIA

France launches first airstrikes against ISIL

Six French jet fighters targeted and destroyed an Islamic State of Iraq and the Levant (ISIL) training camp in eastern Syria in a five-hour operation on Sunday, President Francois Hollande announced, making good on a promise to go after the group that he has said is planning attacks against several countries, including France.

The multiple airstrikes were the first in Syria by France as it expands its mission against ISIL, until now centred in Iraq.

"The camp was totally destroyed," Hollande said Sunday after arriving at the United Nations, before the start of a major development summit and the U.N. General Assembly bringing together world leaders.

"We're sure there were no casualties" among civilians, he added.

The French president's office announced the strikes, without details, in a statement hours

earlier.

"Our nation will strike each time our national security is at stake," the statement said.

Hollande told reporters the strikes on the training camp, and others to come, were aimed at "protecting our territory, cutting short terrorist actions, acting in legitimate defence."

However, the strikes will likely have but a limited effect. The U.S.-led coalition has been

carrying out regular airstrikes that punish but have failed to decimate ISIL, which controls large swaths of Syria.

Hollande's decision to

carry out targeted strikes on strategic ISIL sites is coupled with France's bid to press for a political solution to the Syrian crisis. Beyond military objectives, the strikes serve to bolster France's position in helping to find a solution to a crisis that also includes Russia and Iran.

THE ASSOCIATED PRESS

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Statement from the office of President Francois Hollande



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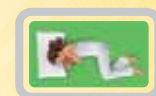
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A woman holds up a sign that reads in Spanish: "I'm missing 43 children. 43 future teachers" during a march marking the one-year anniversary of the disappearances of 43 rural college students. EDUARDO VERDUGO/THE ASSOCIATED PRESS

Disappeared remembered

DRUG WAR

43 students went missing; authorities implicated

Thousands of people marked the one-year anniversary of the disappearance of 43 students by marching down Mexico City's premier avenue in an atmosphere of defiant hope Saturday.

Activists said the movement might bring justice for Mexico's disappeared, though only two of the students' remains have been identified by DNA analysis of charred bone fragments.

While the march was smaller than past demonstrations, the case has helped publicize the thousands who have gone missing since Mexico's drug war

started in 2006.

More than 25,000 people disappeared in Mexico between 2007 and July 31, 2015, according to the government. Unidentified bodies often turn up in clandestine graves of the kind used by drug gangs to dispose of victims. But most people disappear without a trace.

The 43 students from a radical teachers college disappeared on Sept. 26, 2014, after a clash with police in Iguala, a city in the southern state of Guerrero. Six other people were killed at the hands of the police during the disturbances.

According to Mexico's former attorney general, local police illegally detained the students and then turned them over to the local drug gang Guerreros Unidos, which then allegedly killed them and incinerated their remains.

THE ASSOCIATED PRESS

COLOMBIA

American tourist gunned down in Medellin

An American tourist was shot to death during an apparent robbery attempt after leaving his hotel in a wealthy enclave of Medellin, Colombian authorities said Saturday.

Police identified the victim as John Mariani, 65, of New York, and said he was attacked Friday night when his taxi was intercepted by gunmen in a car and on a motorcycle. They said the assailants tried to take his wallet and personal belongings

and shot him when he resisted. The attackers then fled.

Police offered a \$16,000 reward for information leading to the arrest of the perpetrators.

The U.S. Embassy had no immediate comment. Police said Mariani had arrived in Medellin from Costa Rica, but gave no other information on him.

El Poblado neighbourhood where the shooting happened is one of the Medellin's wealth-

iest and safest enclaves. It is a leafy neighbourhood that is home to the city's vibrant dining scene and dozens of high-rise apartment buildings and hotels.

Medellin, the country's second biggest city, is a far cry from the 1980s when it was the headquarters for Pablo Escobar's feared Medellin cocaine cartel, and it has been experiencing a boom in tourism. The New York Times featured it at

No. 11 on its list of 52 places to go in 2015.

Although the city remains a major centre of crime, violence has dropped since Escobar's heyday, when more than a dozen people were slain daily on average. The city had a homicide rate last year of 26.1 per 100,000 residents, about five times the U.S. average but well below major American cities like Detroit and Baltimore.

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BlackBerry tries Android

TECHNOLOGY

New phone to address issue of lack of apps, CEO says

With its hardware sales still flagging BlackBerry's chief executive John Chen says he's found a different way to sell his devices.

For the first time in BlackBerry's history, the company is going to sell a smartphone that runs on somebody else's programming rather than its own in-house creation.

BlackBerry will release the Priv phone later this year, which uses Google's popular Android operating system.

The switch was a controversial decision at BlackBerry, Chen told reporters Friday at the company's Waterloo, Ont. headquarters, but it addresses one of the biggest marketing problems BlackBerry faced: its phones are missing some of the most popular apps and games used

by most customers and even businesses.

"I am now going to eliminate apps as an excuse not to buy our phone," Chen said. "We'll see how it goes."

Amid all of the financial troubles of recent years, BlackBerry's lack of apps has been a thorn in its side. Handfuls of popular apps, from dating service Tinder to Candy Crush, were unavailable for years.

Chen tried to eliminate that problem last fall in a partnership with the Amazon Appstore, which offers thousands of apps built for the Android operating system.

His hope was that Amazon's store would see its app selection multiply quickly after the launch of the Amazon Fire phone last year.

"I was dying for Amazon to be successful with their phone," Chen

said.

But when sales of Amazon's first device failed to ignite, it left Chen in a partnership that wasn't quite as ideal as



The BlackBerry Priv.

COURTESY @EVLEAKS



BlackBerry chief executive John Chen says switch from its in-house operating system means to eliminate one of the company's biggest marketing problems. THE CANADIAN PRESS FILE

he'd hoped — many apps, like Netflix and Snapchat, were still missing from the mix — and BlackBerry sales suggested that customers weren't swayed by the proposition.

BlackBerry hopes the Priv will give it another swing at making a smartphone that competes with the best of them, despite calls from some analysts for the company to

shut down its hardware development all together.

Chen has remained a staunch supporter of BlackBerry phones partly because "marquee customers" like government agencies and other power players use the device, he said.

But the CEO plans to make an ultimate decision on whether to pull the plug on Black-

Berry hardware during the next fiscal year, after the Priv hits the market.

"I promise you that I do not like running a business at a loss," he said.

Whether introducing Google's Android operating system into the mix will improve sales of BlackBerry phones remains to be seen.

THE CANADIAN PRESS

IN BRIEF

Millennials digging into news, study finds

Four out of every 10 young adults actively seek out the news, reveals an analysis of their media habits by the Media Insight Project, breaking the stereotype image about the millennial generation being uninformed. Even the out-of-it others say they stumble on news while they're catching up with friends on Facebook, scanning their Twitter feeds or looking for entertainment online. Older millennials, ages 25-34, say they make staying informed a priority.

THE ASSOCIATED PRESS

Ottawa posts surplus of \$150 million for July

The federal government posted a \$150-million surplus for July compared with a \$1.23-billion deficit for the same month last year. The Finance Department says the surplus came as government revenue increased by \$2.12 billion in July, while expenses grew at a slower pace. Spending on federal programs increased by \$858 million, while public debt charges fell by \$119 million. For the fiscal year to date, Ottawa is running a surplus of \$5.16 billion compared with a deficit of \$807 million last year.

THE CANADIAN PRESS

AUTOMOTIVE

VW was warned not to use tricks: Reports

German media reported Sunday that Volkswagen was warned years ago about the use of illegal tricks to defeat emissions tests.

The German automaker admitted last week that it used special software to fool U.S. emissions tests for its diesel

vehicles. About 11 million VW diesel cars built since 2008 are affected by the scandal.

German weekly Bild am Sonntag reported that VW's internal investigation has found a 2007 letter from parts supplier Bosch warning Volkswagen

not to use the software during regular operation.

Separately, the Frankfurter Allgemeine Sonntagszeitung reported that a Volkswagen technician raised concerns about illegal practices in connection with emissions levels in 2011.

The weekly also cited VW's internal investigators.

Italian media reported Sunday that Volkswagen's Italian unit has sent a letter to all of its dealers to stop selling cars that have the affected diesel engine.

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VIEWS

Apocalypse already? Norway's "doomsday vault" — which stores seeds in case of global agricultural disaster — has been cracked open to retrieve species lost in Syria's civil war.

Metro MONDAY POLL

Are you addicted to social media?

Visit metronews.ca every Friday to have your say.

On Thursday, all 1.49 billion Facebook users lost service for a few minutes. Mass panic quickly followed. Some people wondered aloud (and on other social-media sites) if they even remembered how to talk to people by any other means. Here at Metro, we wondered if — in our social-media-saturated world — we could ever go back to the way things were. We asked our readers if they're hooked on the social web and what they would miss if their favourite sites and apps went down for good.

1 What would happen if all your favourite social-media platforms went dark? (Facebook, Twitter, Tumblr, Instagram, Vine, Snapchat, etc.)

51% I would be fine

22% I would be happier

11% I would freak out

16% I don't use social media

2 How much time do you spend on social media?

	0%	100%
I don't use social media	18%	
Less than once a week	5%	
Once or twice a week	5%	
1 - 30 minutes / day	14%	
30 mins - 2 hours / day	28%	
2 - 4 hours / day	12%	
4 hours / day +	18%	

3 What do you use social media for?

21% Keeping in touch

18% Following the news

16% Wasting time

9% Seeing what people are up to

8% Playing games

7% Planning my social life

6% Interacting with people I see all the time

5% Expressing opinions

2% Activism

8% Other/I don't use social media

Interacting with customers for business

Chatting with people from all over the world

Watching the world go by. I'm disabled. It's the only way people will interact with me.

Winter Olympics, 2026? Yes. Let's do it, Calgary

KINGKADE'S CALGARY

Can't you feel it? The spirit surrounds you! Don't you feel it? And now that it's found in you... Can't you feel it here?

Ah yes, my friends. Those are the lyrics of the Olympic theme from the '88 winter games that still send a tingly shiver up the spine of any Calgarian. Well, any Calgarian that experienced that fort-night in the late '80s. So comparatively few of you, then.

In '88, I was a wee lad of 10 years and fell in love with alpine skier Karen Percy. I climbed a lamppost at Olympic Plaza to watch medal ceremonies after a frosty evening of pin-trading. Wait... It gets better!

I welcomed the world to my city. We all did. It was awesome. And the City of Calgary,

which is to say Calgarians like you and the person sitting next to you, became a welcoming committee brimming with civic pride. The world was coming. We opened our arms.

We should do it again.

There's a bid committee to rekindle the flame in Cowtown. So wake up the mascots Hidy and Howdy, and maybe stitch together their love child in time for 2026.

I know what you're saying. "Isn't the evidence in on the return on investment of hosting these quadrennial sports orgies?" Yes. Yes it is. Generally speaking, Olympics are a money loser, even if you can cut down on corruption. And I've been at the front of the parade criticizing the folly of even entertaining the idea of hosting events that require such monstrous investment from regular punters by way of the government. Mind you, there's an argument to be made for repeat host cities

that still have viable Olympic infrastructure.

But there's another compelling reason we should get behind this bid: This city realized undeniably the so-called psychic benefits of hosting the Olympics back in 1988.

In so many ways, we live in a city divided. It seems there's always an A vs. B in the local dialogue. Renters vs. Owners. Bikes vs. Cars. Energy vs. Environment.

As I wrote a couple weeks ago, it seems to take a disaster to unite us. In that case it was a hail storm. Think back to the flood of 2013. We got together and showed the country how we deal with adversity.

Wouldn't it be great to finally get together in metaphorical sunshine instead of literal stormy skies?

Economically, Calgary has lots of reasons to host again. Some of those reasons are the Olympic Oval, the Canmore Nordic Centre and Lake Louise.

Beyond the economic questions (which are very important, I admit), we could realize the fact that when we get together under a united cause, under the same flag, we're amazing. Calgary is amazing. Calgary puts on a hell of a party, together.

Would it cost us? You bet.

Could we recoup the costs? I believe we've got a head start.

Am I drunk on nostalgia? Hell yeah. That could be why I'm asking myself questions in the Monday paper. But the way the games brought this city together and helped get us to here. That was such a boost!

Like the song told us back in '88: It's the feeling we know is here to stay. Maybe we could do with another injection.

Roger Kingcade co-hosts the Kingcade and Breakenridge show every weekday morning from 9 a.m. to noon on NewsTalk 770.

metrovie

Forgive me, Francis, but I was hoping for better from you

Michael Coren
For Metro

He came, he spoke, he went. Pope Francis visited the United States for the first time, delivered a speech to congress and the United Nations and met with the country's Catholic and non-Catholics leaders alike. The man has a human touch, a generosity of spirit and a progressive persona that gives hope and differentiates him from his predecessor. But in all honesty, the visit will change very little.

I realize this is not what the public wants to hear, but passing emotionalism is simply not enough. The same occurred when Pope John Paul visited Canada for World Youth Day in 2002 — massive enthusiasm for a few days and then a severe case of back-to-business-as-usual.

In his speeches, Francis spoke lyrically of the Golden Rule, of love, humanity and our communal existence. He also touched briefly and implicitly on his condemnation of abortion and same-sex marriage but was far more precise in dealing with climate change, immigration and the need for peace and gave specific attention to the plight of the poor. It was compelling stuff.

But the reality of the situation is that the modern Catholic Church is polarized and top-heavy. The leadership rejects contraception,

gay rights, abortion and female ordination, even while the vast majority of western Catholics disagree. Indeed, these papal positions are considered so morally anachronistic today in North America and Europe that it prevents Catholicism from preaching the gospel or being taken seriously. Young people in particular reject any institution or ideology that in their eyes rejects gender and sexual equality.

Then there was what Francis did not say. While he referred to the sexual-abuse crisis in the United States and met with some of its victims, he didn't admit to its systemic nature and ignored the fact that the church had denied and obfuscated until the media made acknowledgement unavoidable.

Francis is the Pope of paradox. While he is certainly concerned for the marginalized, his church refuses to sanction condom use even in countries with staggeringly high levels of HIV/AIDS. He cares for the disabled but leads an institution that fights embryonic stem-cell research that could lead to countless medical cures. He embraces the poor, but the wealth of the Vatican is beyond counting.

Nobody would deny that the Roman Catholic message is now being delivered in far more empathetic tones than in the past, but it is substance rather than delivery that matters. Forgive me, Father, but I am still waiting.

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Your essential daily news

Heidi Klum's boyfriend buys her a \$22,000 giant plastic snail at Milan charity auction

Kids' books tackle tough topics

BOOKS

Stories help parents with talks about sex and death

Megan Haynes
For Metro Canada



How young is too young to learn about sex? Disease? Death?

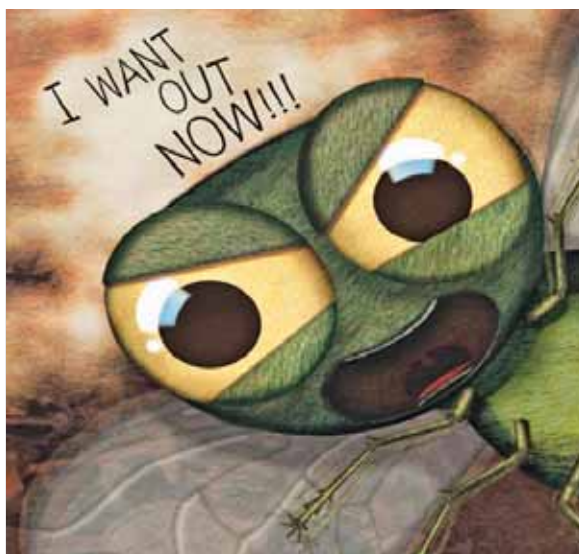
"As parents, we want our kids to learn everything," says Cory Silverberg, author and sex educator. "We get so excited when they learn a new word, how to walk. But even in the most open of households, sex is a topic that gets treated a bit differently. It's the same for death, violence and war. And that's confusing to kids."

Books, he says, can help parents have those difficult conversations.

Sex is a Funny Word

Silverberg started writing *Sex is a Funny Word* (Seven Stories, \$23.95, out now) more than two years ago — well ahead of the deluge of news around the current Ontario curriculum, issues of consent, and transgender rights. And with all these topics in the news, the timing of its release couldn't be better.

Sex is a Funny Word is a trans-positive and feminist-leaning sex education guide for kids eight to 10 that tackles consent, gender and masturbation (and more). It was written and illustrated to be



Bug in a Vacuum examines the five stages of grief, even though it doesn't explicitly talk about death. CONTRIBUTED/MELANIE WATT

as inclusive as possible, he says. Phrases like "could feel" and "is an example of" are meant to help kids realize that just because they don't feel a certain way, have a certain body part or do a certain thing, it doesn't mean something is wrong with them.

"When you say 'having your mom brush your hair is an example of feeling good in your body,' well what happens if that person doesn't have a mom?" he says. "That's a little moment that kid (thinks) 'Oh, this book doesn't reflect me.'"

And while inclusivity is a primary goal of the book, the main purpose is to define words kids might hear but not understand and facilitate discussion, he says.

"'Sexy' is a great example," he says "I say 'some people think sexy is this' (in one chapter) and that gives parents an opportunity to say 'In our family, sexy is something else.'"

Bug in a Vacuum

Opening a discussion was a key goal for Melanie Watt's *Bug in a Vacuum*, (Tundra Books, \$24.99, out now), which follows a fly



sucked into a vacuum as it (and its wiener-dog friend on the outside) go through the five stages of grief, she says.

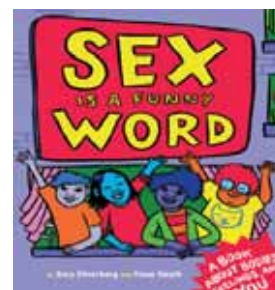
The book, for kids five to nine, isn't explicitly about death, but there are overtones towards the topic (the bug deals with the realization that it might never escape the vacuum, while the dog deals with the loss of its friend).

"The two characters both struggle with a problem. They react in similar ways, but for totally different reasons," she says. "I think that's a nice metaphor to

life: Everyone can go through a difficult moment, and it's OK, because you're not alone."

Today is the Day

Of course, being alone is a relative concept. Eric Walters' *Today is the Day*, (Tundra Books, \$19.99, out Oct. 13, 2015) helps kids tackle what happens to youth in nations with high mortality rates. Set in Kenya, the story, for kids five to nine, follows a young girl celebrating her birthday alongside the rest of the orphanage. All the kids celebrate on the same day, as most don't have re-



66

Books are a tool that can help make very difficult conversations a little easier.

Author and sex educator Cory Silverberg

cords of when they were born. The epilogue explains many children in the region grow up without parents due to HIV/AIDS, but they too have value and are deserving of birthdays.

"Books are a tool that can help make very difficult conversations a little easier," adds Silverberg. It isn't that kids don't understand these big concepts like war, death, disease, sex, or gender issues, he says.

"Often these conversations don't go well because of a lack of language.

"Kids are smart — they understand the world around them — they just want the right words."

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Watch all that money pile up

LONG-TERM INVESTMENT

Compound interest is not chump change

Gail Vaz-Oxlade
For Metro Canada



When I was writing Money Rules, my beautiful — if somewhat bossy — editor at HarperCollins told me that I had to include an explanation of compounding.

"Again?" I said, horrified.

"Yes," she replied.

"How many different ways do I have to do this?"

"At least once more," she replied matter-of-factly.

I'm not sure what it is about compound interest that makes people's eyes glaze over. But it does. It shouldn't, because it's really quite a simple thing to understand. Compound return is the return you earn on the return you earned. For the sake of this example I'm going to narrow it down even further to 'the interest you earn on the interest you earned.' Do not jump all over me for the interest rate I'm using. I'm trying to make a point. For now, just follow the math.

Let's say you invested \$15,000 last year at 5.5 per cent. So you earned \$825 in interest. Now you have \$15,825.

You decide to keep your money invested for another year. You're still earning 5.5 per cent. However, since you have more money invested — \$15,825 instead of your original \$15K — you earn more interest. This year instead of \$825 in interest, you earn \$872 in interest, so now your \$15,000 investment is worth \$16,724.

Hey, Gail, that's only \$47 more... that's no big. Whatcha getting so excited about?

Since you didn't have to lift a finger to earn that \$47, I'd say it was a big deal. And you can continue to compound that return to earn even more. Leave it for another year at the same rate of return and your \$15,000 will grow to \$17,644.

If you can grow your \$15K to \$17,644 in just three years, imagine what you could do with more time.

Let's say all you can come up with to save this year is \$1,000. Some people might say it won't amount to much so why bother. I say, "bother". Put compounding on your side and watch the magic happen. Invest that \$1,000 a year at 5 per cent in either a TFSA, RRSP or RESP (so we don't have



If you put away \$1,000 a year for 35 years and it earns five per cent interest, you would have \$94,836 at the end. ISTOCK

to do the math on the taxes) here's what happens:

- If you're 40 and have 25 years to save, your \$25,000 will turn into \$50,113
- If you're 30 and have 35 years to save, your \$35,000 will turn into \$94,836
- If you're 20 and have 45 years to save, your \$45,000 will turn into \$167,685

More time means more compounding which means more growth. You can speed up that growth by also looking for ways to earn a higher return on your investments.

Different investments have different returns based on how easily you can get at your money — called your liquidity — and how much risk you're prepared to assume to make more money. Savings accounts are very liquid and very safe. You can get at your money anytime, and your money will be there when you want it. But savings accounts also come with the lowest rates of return.

Stocks are at the other end of the spectrum: you need to be prepared to invest the money for ten years or more, and you have to be able to handle the slips and slides, rises and falls that are part of the market, but you have the opportunity to earn more money on your money. Only you can decide which types of invest-

ments suit you. But let's look at how return affects the growth of your savings.

Let's say you can come up with \$250 a month to save:

- If you invested at 5 per cent, in 15 years the \$45,000 you invested will turn into \$68,822.
- If you invested at 7 per cent, that same amount will turn into \$79,240.
- And if you invested at 9 per cent, in 15 years that \$45,000 will turn into \$94,601

Look at how much of a difference even 2 per cent more on your portfolio will mean in return, particularly over the long term. If the first thing that springs to mind is, "Where the hell am I going to get 9 per cent in this day and age?" my answer is, "Probably nowhere, unless you're prepared to accept substantial risk." But now isn't the future, and if you'll be living for the next 25 or 30 years you can rest assured that the economy will go up and down. So will returns on the market. What's important to understand is that the harder your money works in terms of return, the more you'll have.

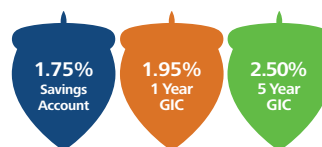
For more money advice, visit Gail's website at gailvazoxlade.com

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'Dream job' lives up to its name

WOODS CANADA

Couple hopes others get paid to travel trail



Emily Jackson
Metro | Vancouver

The verdict is in: Being paid to camp and travel across Canada for nearly five months really is a dream job.

Whistler residents Magee Walker and Cedric Schell, one of two couples selected for outdoor gear company Woods Canada's "dream job" contest to get paid \$20,000 apiece to travel the Trans Canada Trail, told Metro about their journey as it wrapped up in Toronto last week.

The couple was hired by Woods Canada in the role of "explorers," trailblazing, multi-tasking and connecting with Canadians through social media in addition to travelling the 17,000-kilometre Trans Canada Trail.

"I'd definitely do it again,"



Cedric Schell fishes in Quetico Provincial Park in Ontario. INSTAGRAM/WOODS CANADA

Schell, 29, said of the pair's trip to eight provinces and one territory. They hiked, canoed, kayaked and rode horses, all the while snapping photos and videos to promote the company.

"We've always wanted to travel Canada. We went to

places we didn't even know existed," Walker, 28, said.

She was surprised by how much she loved Quetico Provincial Park in Ontario, and he was thrilled to see the northern lights while camping by the Mackenzie River in the North-

west Territories.

Not that there weren't any challenges. "We've been together for two years, but we never really worked together. It's a different kind of dynamic for the relationship aspect," Walker said.

“We went to places we didn't even know existed.”

Magee Walker

They had to negotiate who would do what, all the while dealing with tough weather and physically exhausting situations.

"It tests you, it pushes you... you either finish stronger than ever or you break up," she said with a laugh.

The contest appears to have been a good marketing campaign for Woods, too. The company racked up thousands of social media followers and received hundreds of likes on Facebook and Instagram pictures and videos.

Walker and Schell are on their way back to Whistler, where he is a paramedic and a firefighter and she a freelance writer. They hope they can do more trips with him shooting photos and her writing about the experience.

The pair hopes Woods holds the contest again next year.

HEALTH

Eye strain common

Tired eyes, fatigue, headache? Skipping that afternoon coffee may not be to blame.

According to the Ontario Association of Optometrists (OAO), these symptoms are common with Computer Vision Syndrome, a group of modern-day eye and vision-related problems that affect between 70 and 75 per cent of computer users who spend more than two uninterrupted hours each day staring at a computer, tablet, TV, e-reader or smartphone.

Prolonged screen time—a recent Ipsos report found the average Canadian smartphone owner spends almost seven hours each day on digital devices — at work, on transit and at home, add up. Which means our peepers are taking the brunt of the visual demand, says Dr. Jeff Goodhew, president of the OAO.

"There's a muscle (ciliary) in the eye that allows us to focus on our screens. If this muscle is tensed over time, it starts to tire and cramp up, resulting in the symptoms we are seeing related to eye strain such as headaches, dry eyes, blurred vision and eye irritation." TORSTAR NEWS SERVICE

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WORK-LIFE

Some thrive on pressure, others need downtime

Eleni Deacon
For Metro Canada



Schedule breaks. Prioritize. Turn off your phone after 6 p.m. Exercise during your lunch hour. Make sure you actually take your lunch hour. Make sure you actually eat during your lunch hour. Meditate for six minutes every morning before sunrise. Know when to stop.

Work-life balance is the white whale of the white-collar world. Employees want it — but it's often too slippery to pin down.

Which is why Amazon became the target of criticism last month when The New York Times published a fascinating — and highly disparaging — investigation into their take-no-prisoners corporate culture.

Former staffers described the organization's combative atmosphere and punishing workloads, as well as the many personal sacrifices necessary to uphold the company's ag-



When discussing work-life balance, there's a prefab idea of what it means.

gressive demands.

Compared to other tech giants like Netflix and Google — which famously offer perks like unlimited vacation and time to work on your own projects — Amazon comes off as stingy and cold.

Despite disturbing anecdotes about Amazon's institutionalized backstabbing and failure to support ailing employees during serious life crises, some of the article's sources found the company's breakneck pace exhilarating.

When discussing work-life balance, there's a prefab idea of what it means: work hard 9 to 5, chill hard when you're not at work.

So while the Amazon exposé illuminates the company's failure to uphold this vision, the happy employees suggest a different model altogether.

Their inner scales are not calibrated according to an even distribution of life and work. For them, intensity brings harmony.



The myth of balance

Work-life balance is slippery to pin down. People might benefit from figuring out if their workloads match their career ambitions. ISTOCK

Amazon puts exceptional pressure on its staff — but it's

by no means the only company expecting around-the-clock

availability from its workers.

With after-hours communication now the norm, the Amazon story represents the most extreme end of a widespread trend.

The work-life-balance ideal sounds nice.

However, with so many employees falling short of its promise, it may sometimes be more of an unattainable disappointment than an encouraging goal.

Rather than comparing their current stresses to dreams of unplugged weekends and early-morning yoga, employees might benefit from understanding whether their current workload is an appropriate match for their career ambitions and personal stamina.

They may find that their version of balance changes significantly according to career stage, life stage and enthusiasm for their present role.

Working until you're unhappy or burnt out can have dangerous consequences.

But having a healthy understanding of the factors that contribute to your personal work-life equilibrium can help determine whether you're the type of employee who thrives under Amazon-ian tension — or the type who prefers using Amazon to download ebooks for the weekend.

JAPAN

Robot owners warned off droid sex

The company behind a chatty Japanese humanoid named Pepper has felt the need to remind customers who purchase the robots not to engage in sex with them.

Mobile phone giant SoftBank, which sells the units in Japan, states helpfully in its user agreement: "The policy owner must not perform any sexual act or other indecent behaviour."

The wise-cracking Pepper — who, according to its makers, can read people's emotions — costs a cool \$1,600.

The ban on sex with the plastic machine — which stands just 1.2 metres (3.9 feet) and moves on rollers — is the most baffling of the prohibited uses baffling, causing social media in Japan to light up in amazement. SoftBank said lewd acts could trigger punitive action.

AFP



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OSCAR HOPEFUL

Foreign language pick: Felix et Meira

Maxime Giroux's *Felix et Meira* has been selected as Canada's Oscar hopeful in the best foreign-language film category.

It stars Martin Dubreuil and Hadas Yaron and deals with the unusual romance between a married Orthodox Jewish woman and a young man mourning his father's death in Montreal's Mile End neighbourhood.

Telefilm Canada made it official at a Montreal news conference on Friday in the presence of its elated director.

"It's difficult for me to say in English, but I guess 'wow' in English is OK?" Giroux said laughing. "It's a Montreal film — it's in French, in English, in Yiddish," he added. "I'm really happy that I'm here to represent Canada and also Montreal."

Co-producer Sylvain Corbeil noted the film was made on a budget of about \$800,000 and

was shot in Venice and New York City among other locations.

"We had to be really inventive to make it realistic and good," said Corbeil.

Writing the script was difficult because it was not easy to research the closed community. Corbeil also hailed the actors — many of them came from Hasidic backgrounds and had left the

community.

"Through our research for this film, we discovered it was a very, very huge step to make because once you leave the community, you're an outcast in

your family, in your community," Corbeil said. "For them to have this courage was a great source of inspiration for us."

The selection was made Friday morning by a committee of 23 voting members representing major government agencies and national film industry associations. THE CANADIAN PRESS



It's difficult for me to say in English, but I guess 'wow' in English is OK?

Director Maxime Giroux



Felix et Meira takes place in Montreal's Mile End. HANDOUT

Del Toro returns to dark side in drug cartel film

SICARIO

There's talk that role could earn actor an Oscar nod

Sicario, opening Friday, puts actor Benicio Del Toro in the same U.S.-Mexico drug war milieu as *Traffic*, the 2000 Steven Soderbergh film that won Del Toro the Academy Award for Best Supporting Actor. There's serious talk of another Oscar for him.

His predatory character Alejandro in *Sicario*, a Mexican operative involved in an FBI and DEA sting on an entrenched and violent drug cartel, is decidedly more threatening than the conflicted cop Del Toro played in *Traffic*. But he similarly radiates a sense of righteousness out of the gloom, which he was happy to discuss.



Sicario starring Benicio Del Toro opens Friday. TOMMASO BODDI/GETTY IMAGES

You play dark characters so well. Are you happy to do so?

When I first started acting, the characters that turned me on were characters by actors that I looked up to, guys like Robert De Niro and Al Pacino, and later Sean Penn and Mickey Rourke.... There's something about the characters who are conflicted where you can perhaps play different notes or go against it and find stuff that you never thought you would. But I

think doing a character that is dark or doing a character that is light is equally as complicated. One thing about this character (Alejandro) was to make sure that less is more.

You aren't from Mexico, but you've often played Mexican characters. You convey understanding and empathy for the country.

I've been to Mexico many times. It's a country that I

admire, its history and culture. It's one of my favourite countries to visit. In order to do this film, I talked to DEA friends of mine who are involved or have been involved in this world to get information about that because I don't know much about this problem in Mexico with the violence ... I like to talk to them and ask questions to see what could be believable, what would not be believ-

able, and then from there it gives me a sense. It grounds me. TORSTAR NEWS SERVICE

MOVIES

Contest

Win an opportunity for you and a friend to attend a pre-screening of *Sicario*. See the ad on page 25 for more details.



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LEGAL INFO AT THE CLICK OF A BUTTON

Albertans looking for legal information about family law will soon have a centralized website where they can access quality resources to address their concerns.

The Alberta Legal Information Society (ALIS), with funding support from the Alberta Law Foundation, has developed LegalAve, an innovative and interactive website with up-to-date legal information and resources to help Albertans understand their specific legal concerns, the steps they may need to take, and how to follow those steps. By navigating from one website, Albertans can be assured the information they are getting is correct and applicable, unlike using a general internet search engine to piece together information from an overwhelming number of search results. LegalAve does not provide advice of any kind.

"We want one place to get information, whether it's a family matter under provincial or federal jurisdiction. Our site can point people in the right direction," says ALIS executive director Aftab Khan. "It's for all Albertans."

Some of the resources are in multiple languages and the "Guided Pathway" (step-by-step questions) will be available in 10 languages, including Cree and Blackfoot. There is also a free App.



SHUTTERSTOCK

"We're targeting the whole population — including self-represented litigants who need information, and service providers or lawyers who are gathering information for their clients. We want to be a source on Alberta laws that people can access anywhere, anytime they need," says Khan.

The ALIS staff and board consult with some 50 organizations and individuals in public legal education and information (including legal

clinics, social service agencies, public libraries, lawyers and more) about the website's content.

The site is divided into five family law categories: starting a family relationship, breakdown of family relationships, family violence, solving family legal problems, and ongoing problems in family relationships. Albertans can browse these categories, type a word into the search bar, or use the Guided Pathway to find the relevant information they need. The

ALIS BACKGROUND

ALIS is a non-profit organization established in 2012 to develop a website that will be the first point of access to legal information and services in Alberta. The organization collaborates with community organizations to enhance existing legal information resources while avoiding duplication.

ALIS is encouraging ongoing support and cooperation from all groups in Alberta that offer legal information to the public, and hopes the site will foster valuable communication between itself, the public, legal community and other information providers. More information is available at albertalegalinformationsociety.ca

"Breakdown in Family Relationships" portion of LegalAve (as well as a few other related topics) will be available for public use at the end of October 2015.

LegalAve is currently focused on family law, but Khan said ALIS and its stakeholders will add information on other areas of law in the future.

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STUDY

Web tool offers tips to modify handwashing behaviour

Andrea Janus
For Metro

It won't be long before the weather cools and public health campaigns start reminding us to ward off cold and flu this winter.

Frequent handwashing is typically one of the top tips for preventing both, and a new study suggests that a simple web-based tool could boost the practice and reduce the risk of catching and spreading illness.

Researchers in the United Kingdom found that a free on-line interactive program, called PRIMIT, which monitors handwashing frequency and offers feedback tips to modify handwashing behaviour, reduced the risk of infection by about 14 per cent.

Of the study's more than 16,000 participants, those who used the program also reported having fewer gastrointestinal illnesses, had to see their doctors less frequently, and did not need as many antibiotic prescriptions compared to those participants who did not use the program.

"Because most of the popula-



Studies have found that washing your hands is important to reduce the spread of cold and flu viruses. SHUTTERSTOCK

tion catches coughs, colds, sore throats and other respiratory infections, this could have an important impact on reducing the spread of these viruses in the general population," Dr. Paul Little, lead study author from the University of Southampton, said in a statement.

The findings were published in the journal *The Lancet*.

The study's authors note that handwashing is "widely advocated" by the medical community to prevent the spread of respiratory tract infections. Their findings, they suggest, not only could be "an effective

Internet intervention designed to increase handwashing," but also have "an important effect in reduction of infection transmission."

Such a program could be implemented during a pandemic to get a handle on the spread of disease, given widespread

access to the Internet.

"The impacts aren't expected to be stopping cold and flus — they are expected to be reducing them, and they do demonstrate that," said Dr. Mike Allan, professor and director of evidence-based medicine at the University of Alberta's de-

partment of family medicine. "The effects are not big ... but they're present."

Such a program could easily be integrated into public health prevention strategies, Allan said, with physicians offering it on a television monitor or a computer in the waiting room.

Public can peruse portals

Health and fitness apps generally help people stay on top of their diets and exercise regimens.

Now public health agencies are using apps and web portals to monitor flu activity and make it easier for average citizens to keep track of their own health records.

In 1996, the Public Health Agency of Canada (PHAC) launched FluWatch, its national influenza surveillance system, to collect data on laboratory-confirmed flu cases across Canada. Every Friday, the agency issues a report with the latest data on influenza activity and posts it to a dedicated web portal for the public to peruse.

The information lets health professionals get a sense of the severity of the flu season, but it also has much broader implications — the data is ultimately passed along to the World Health Organization to help it plan formulations for upcoming flu shots.



Public health agencies are using apps to monitor flu activity. SHUTTERSTOCK

Similarly, the U.S. Centers for Disease Control and Prevention track influenza activity and offer the data, as well as vaccination and prevention information, through its seasonal influenza app, available at the App Store or on Google Play.

While PHAC doesn't have a flu-tracking app, it has compiled all flu-related information at canada.ca/flu, and will typically ramp up vaccine awareness campaigns over the agency's Facebook and Twitter feeds.

The agency has developed

an app called ImmunizeCA for Canadians to store their immunization records. Users can also get vaccination information and schedules, disease outbreak notifications, and a list of necessary shots before they travel.

ANDREA JANUS/FOR METRO

TIPS

How to avoid getting sick

Whether it's a website, an app or a visit to your GP, the advice for preventing cold and flu will generally be the same:

GET THE FLU SHOT

Each year, the flu shot is reformulated to include the strains expected to circulate during the coming flu season. Sometimes scientists miss the mark, but the shot will still offer some protection against illness, the Public Health Agency of Canada said.

WASH YOUR HANDS

Germs are spread by hand-to-hand contact, or if you leave germs on doorknobs,



Gesundheit! SHUTTERSTOCK

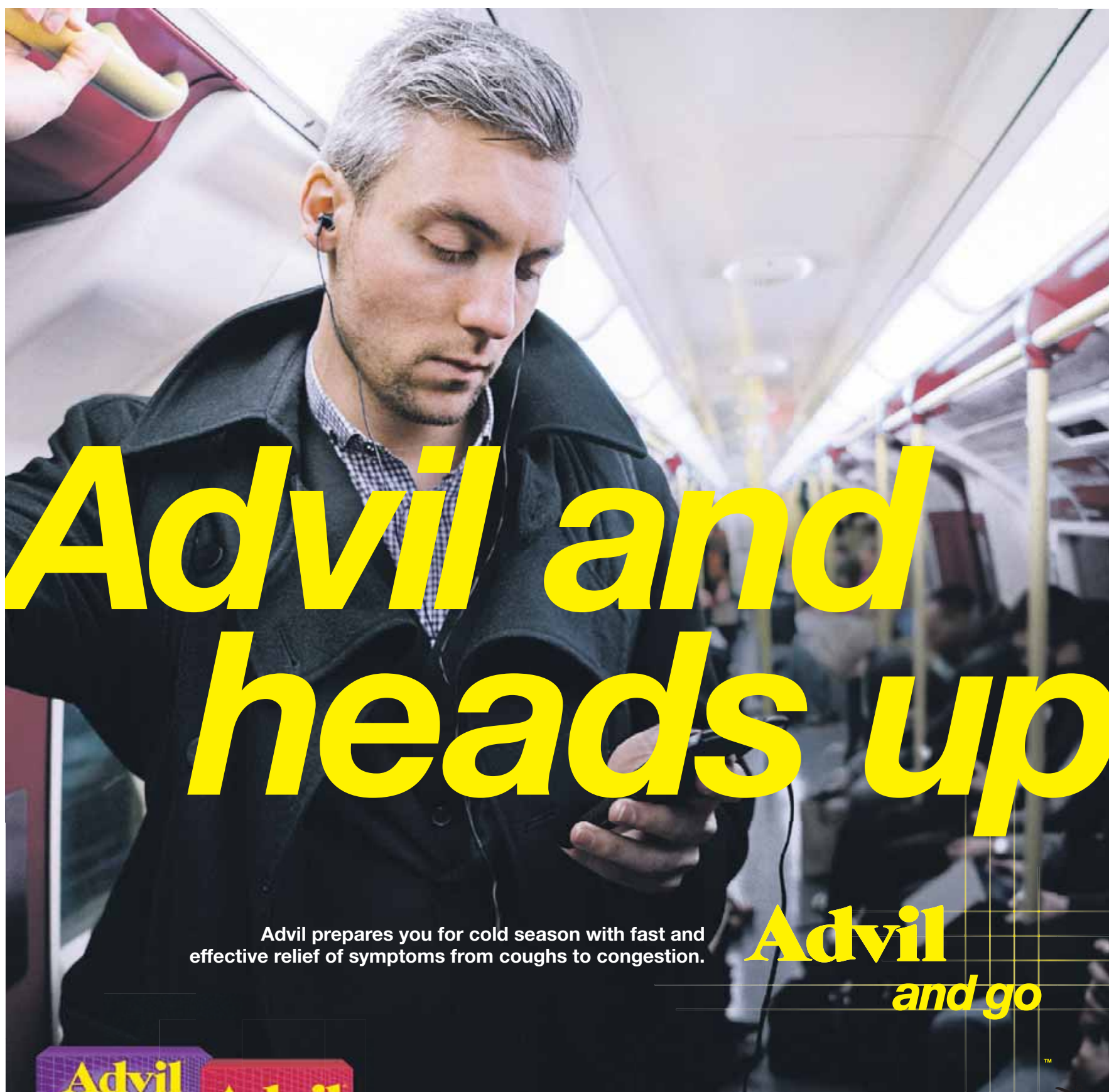
keyboards or other shared equipment that is then touched by someone else.

SNEEZE MANAGEMENT

Cough and sneeze into your arm, not onto your hand. If you use a tissue, make sure it ends up in the garbage and wash your hands soon afterward.

STAY HOME

You and your co-workers deserve a sick day. Don't bring your germs to work and risk infecting everyone around you. ANDREA JANUS/FOR METRO



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Home, sweet, home

If you think you don't need insurance because you don't own a home it could end up costing you money

Picture this: You are renting an apartment and you go to work one day. But the tenant above you left the water running in the tub. Their place floods and the water starts leaking through the ceiling, destroying your computer, furniture and precious antique clock. The really bad news? You don't have insurance.

"Renters definitely need insurance, but many people don't even think about that," said Pete Karageorgos, director of consumer and industry relations at Insurance Bureau of Canada (IBC) in Toronto.

Everyone from apartment dwellers to students living away from home need tenant's insurance, as it can help protect you in the event of loss or damage.

"It's a good investment," Karageorgos said. "A landlord will have insurance, but that's for the building itself. That won't protect your personal belongings. You need to do that yourself."

But that's not all. Let's say you are the one who causes damage to other units, or you have a party and someone trips over your rug and crashes into the glass coffee table — you could be on the hook.

"You are responsible," Karageorgos said.

But what does tenant's insurance really cover?

- It protects your stuff, everything from furniture to your new expensive laptop.
- It protects you if you cause someone harm in your building or if you damage someone else's property in your building.
- Additional expenses after a loss, such as a place to stay temporarily if your apartment needs repairs.

How much you can expect to pay for insurance coverage varies widely, of course, but it's generally less than the cost of a daily run to the coffee shop. Karageorgos recommends researching different levels of coverage, calling to get quotes, and visiting IBC's website (ibc.ca) for free information and advice.

And if someone tells Karageorgos that they can't afford insurance coverage, he asks them if they can really afford not to have it.

"Imagine the cost of having to replace all your belongings at once. It's peace of mind."

DONNA PARIS/FOR METRO



Shopping for the best insurance premiums takes time and plenty of research. Be sure to ask questions. SHUTTERSTOCK

Four common questions

Analise Smart For Metro

Buying insurance can create peace of mind, but there may also be pitfalls.

Daniel Mirkovic, president of Square One, a Vancouver-based company that specializes in home insurance, shares his top insurance mistakes.

1 IMPROPERLY DESCRIBING HOW THE HOME IS USED. Mirkovic said that in addition to letting your insurance provider know basic things like whether the prop-

erty you are buying is going to be your primary home, you should also let them know if you plan to rent out a room. Failure to disclose, he said, can void your entire policy.

"The reality is that it will cost you more to disclose, but not that much more, maybe an extra \$50 a year or so."

2 NOT HAVING INFORMATION ON THE HOME. Information about the electrical system, the plumbing or even when the hot water tank was last replaced are common questions an insurance provider might ask because it affects their assessment of risk.

"It can often be frustrating for customers going through the quotes if they don't have that information," Mirkovic said. "With some companies if you don't have that information they're not even going to be able to issue you a policy."

3 NAMED PERILS ONLY. While you might think insuring your home against only specific types of damage is a good idea, Mirkovic said it isn't. He said it is better to go with a comprehensive policy (these will cover everything, except what is specifically excluded, typically war, terrorism and overland flooding). Find sav-

ings instead by not insuring items that you could deal with losing or can afford to replace yourself, he said.

4 SELECTING DEDUCTIBLES THAT ARE TOO LOW. Mirkovic said low deductibles are a throwback to the early days of insurance policies, when \$250 was a lot of money. And while some companies might still offer these 1960s prices, you are doing yourself a disservice by choosing this option because your monthly payments will be much higher.

"It really doesn't make sense to go with anything lower than \$1,000 these days," he said.

It may be best to wait to buy life insurance

Getting life insurance for the first time can be an overwhelming experience if you don't know what to expect.

Jack Hungelmann, author of Insurance For Dummies, says there are a few things to keep in mind when purchasing a life insurance plan.

DO YOU NEED IT RIGHT NOW?

Hungelmann said many people make the mistake of buying insurance too early. He said you should consider life insurance if you have people who depend on you financially, or if there is a mortgage or something similar involved where your partner would not be able to keep up with the payments should they lose you.

THEY WILL ASK YOU QUESTIONS

Your insurance provider will be asking you personal health and lifestyle questions. Blood tests

and medical exams are common, including things like HIV tests, Hungelmann said, as are questions about recreational activities, addictions and your driving record. While it might seem like your insurance provider is going to know every intimate detail of your life, they need to be thorough.

PERMANENT INSURANCE

Going with a permanent life insurance option might seem like the safest bet, but Hungelmann said because it is so much more expensive than term, it can work against you.

"What happens is people buy permanent, and because it's sizably more expensive when they're young, it straps their pocketbook so much that they don't buy all the insurance they need. Term is the way to go when you're young; permanent is something you can work up to later."

ANALISE SMART/FOR METRO

RATES

Momma told you ... you better shop around

Liz Brown For Metro

It's a basic truism in auto insurance — the best drivers get the best rates. But that speeding ticket and fender-bender from last year can't be changed. Fortunately, there are other factors within your control that can help you negotiate the best car insurance rates.

After a clean driving record, considering the car you drive is the next place to look when trying to lower your insurance rates, said Pete Karageorgos, Ontario's director of consumer and industry relations for the Insurance Bureau of Canada (IBC).

"It's a given that a high-end luxury automobile like a Mercedes will cost more to insure, but there are also some vehicles out there that have better ratings in terms of safety features and frequency of theft."

IBC offers a report on its website (ibc.ca) called How Cars Measure Up that offers data from past years claims, which provides a glimpse into what models will be more costly for coverage.

"For example, the Honda Civic and Ford F-150 are two vehicles that are on our most stolen list every year, so they cost more to provide coverage to," Karageorgos said.

When people are purchasing a new or used vehicle, they often factor in gas mileage and maintenance costs, but Karageorgos recommends they also call their insurance company to see how much the vehicle costs to insure.

"Usually, people have two or three types of vehicles they are looking at. Ongoing costs like insurance should be a factor in deciding what car you will buy."

For those confident in their conscientious driving, some Canadian insurance companies have introduced telematics, which can track your driving habits and provide personalized data that can help reduce your rates.

"It monitors how far you drive, what time of day you drive, how hard you brake, how fast you accelerate," Karageorgos said.

In the end, it all comes down to shopping around and finding the right coverage.

"Shop around and get various quotes at various levels of coverages and deductibles," Karageorgos said. "There can be a huge variance between insurance companies."



Insurance providers need to be thorough so they will ask you plenty of personal health and lifestyle questions. SHUTTERSTOCK

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SENIORS' HOUSING FORUM

A city friendly for all ages

Calgary's population is getting older. To make sure the people who live here have access to everything they need to thrive in their older years — from affordable housing to transportation services — Calgary city council has developed a new community-wide seniors age-friendly strategy.

"Calgary is currently on the edge of a rising tide of seniors," the strategy says. "In 20 years, it is expected that this number will almost double to 225,000, and, by 2042, the number of seniors will grow to more than 280,000, at which point they will comprise 15 per cent of Calgary's total population."

The strategy will help make sure the city



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is ready for the predicted dramatic rise in the population of older adults by committing to becoming an "age-friendly city" by 2020.

The World Health Organization defines an age-friendly city as one that enables people of

all ages to actively participate in community activities and treats everyone with respect, regardless of their age.

With that in mind, officials from the city went into the community to find out what

MORE ONLINE

Be sure to look out for Part 3 of this feature Nov. 30. Can't wait until then? Visit us at SeniorsHousingNow.ca.

people thought about how to create an age-friendly city.

"Initial public and stakeholder engagement included focus groups with 137 older adults and caregivers, a telephone survey of 500 Calgarians, and a series of strategic planning sessions with stakeholders, from the public, private, and non-profit sectors to identify community priorities," says Raynell McDonough, of CNS senior services section at the City of Calgary.

The six priorities were identified as: Access to information and services; community support and health; housing; participation and inclusion; prevention and response to elder abuse; and transportation and mobility.

The plan was approved last summer to make Calgary a more age-friendly city by 2020.



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MAINTAIN SOCIAL CONNECTIONS

Go out with old friends and make new acquaintances

Along with getting out the winter coat and digging out the winter boots, it's important for older adults to add one more thing to the list for the long, cold winter months — get out with existing old friends and make sure to make some new ones.

When the weather is dreadful we tend to want to stay inside and hunker down. But too much time on your own can be bad for your health.

"It is very important to maintain social connections as we age for physical, cognitive, and emotional reasons," says Dr. Lorraine Venturato, chair in gerontology in the faculty of nursing at the University of Calgary. "It is especially good if you can get a double whammy, that is exercise and social engagement or learning something new and social engagement."

So whether it's mastering a new card game or joining a bowling league, older adults will

VOLUNTEERING

You can help other people and help get through the winter months by volunteering. Pass on some of your favourite activities, such as cooking, woodworking, or helping teach English to people who have just arrived in Canada. Sharing your skills is also a good way to build self-esteem and confidence.

do better through the winter if they get out. That can be a bigger challenge for men, Venturato says, as they are more at risk of social isolation than women.

Once you are out, shake it up by meeting new people and trying new things.

"Old friends are great," Venturato says. "But it is important to meet new people sometimes and make new friends, particularly from different generations and cultures — that's good for the brain."

Join a book club or keep the gardening club going over the winter by turning it into a cooking club.

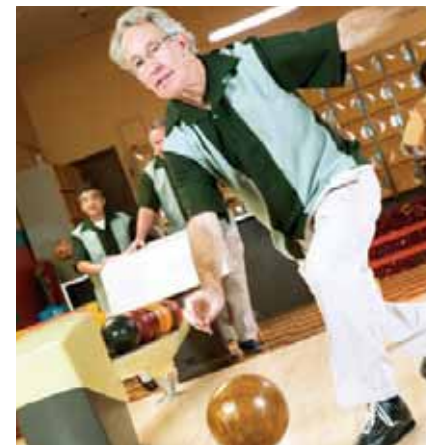
"Take turns visiting each other," she says.

Never underestimate the benefits of a good old-fashioned walk.

"Get a group together a few times a week and walk in the indoor shopping centres," Venturato says.

"Be sure to include a coffee and chat once a week."

Also, the new free guides to continuing education classes are out and are available at Calgary Co-op locations. Once you attend the classes perhaps you can carpool. Don't be afraid to call the seniors' centres and ask questions about transportation strategies that other people use during the winter.



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THE RIGHT OPTIONS FOR 'RIGHT-SIZING'

After her husband died, Audrey Holmes decided she didn't want to live alone in their house. So she moved into an independent living retirement community in south Calgary. And she loves it.

What she found matched her personal goals — regular excursions to go grocery shopping, running errands, a bridge game whenever she feels like one, and plenty of new friends.

"If you get lonely you can always go downstairs and find someone to talk to and have a coffee in the coffee shop," Holmes says. "I don't like living by myself."

Holmes knew what she wanted from the next phase of her life and made a good decision for herself.

Deb Hornby and her family helped her in-laws come to the decision to move from the family home to a retirement community.

"The move was done in a few parts," she says.

At first, the couple moved into an assisted-living residence. Later, when her mother-in-

TAKE ADVANTAGE OF SUPPORTS

For some, right-sizing and getting rid of long-held furniture and other belongings can be a difficult adjustment. There are a variety of options and supports available to help older adults get used to the idea of moving to a retirement community.

law was assessed as needing more care, she moved into long-term care. Her father-in-law then "right-sized" into a smaller apartment in the same seniors' residence.

Moving to a retirement community can be beneficial, but what if you are not considering a move? Retirement communities have a wide range of services to offer older adults and their families, including respite care, short-term stay, or recovery.

"Sudden illness or elective surgery can put incredible pressure on your spouse to care



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for you," says Cathy Hume, vice-president of the Calgary Senior Housing Forum Society. "Or if your primary caregiver, like a daughter, is going away on holidays and you don't want to be left alone, this is a wonderful option. Retirement communities offer short-

term respite or recovery stays. They will assess your needs and provide you with a rate based on your care needs."

Whatever your situation, being aware of your options is the best step for your own healthy aging strategy.



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Embrace the idea of aging creatively

Gail Hinchliffe has seen many examples of older adults aging creatively.

One resident decided to start playing the piano again, at 90, for the first time in 40 years. Another wrote a children's book. Others started painting.

"Creativity never ceases to produce joy, wonder, and enthusiasm," says Hinchliffe, the president and COO of United Active Living in Calgary. "We have many examples of older adults expressing their creativity spirit despite obstacles, grief, and loss — this unique combination of creative spirit and life experience creates a dynamic dimension for inner growth with aging."

Take the 90-year-old who went back to her piano lessons, for example.

"Her joy of accomplishment and seeing the surprise on her adult children's faces adds a new dimension to her life every day," Hinchliffe says.

We are hearing more and more about how to age creatively.

"Creative aging is the process of encouraging adults 55-plus to see the possibilities open to them," says Maureen Orton, the executive director at Confederation Park 55



SHUTTERSTOCK

Plus Activity Centre. "It's freeing themselves from limiting beliefs about aging."

Learning to speak Spanish, taking up Ping-Pong, becoming a shark at poker, or signing up for ballroom dance lessons are all examples of creative aging.

"If we embrace the idea that we can still

learn, grow, and continue to make a contribution to our community, no matter how old we are, then we're aging creatively," Orton says.

Older adults are being encouraged to take part in a number of different programs that enhance the quality of life.

"Not only are older adults learning new

JOY OF MOVEMENT

Creative Aging – Calgary Society presents The Joy Of Movement on Oct. 19 from 1-4 p.m., hosted by Tina Thrusell.

Explore the health and wellness benefits of joy-inducing movements such as the brain dance, the breath of joy, one-two breathing, moving meditation, and the Nia technique. The Joy Of Movement will be held at the Confederation Park 55 Plus Activity Centre (2212 13 St., N.W.). The cost is \$10 per person, which is payable at the door. Please RSVP Norma Karlinsky at nkarl@shaw.ca. Sign up for Creative Aging's free membership at creativeagingcalgary.com.

skills, they are also socially engaged," Orton says. "The combination of physical and social activities has a much greater impact on maintaining, or improving, overall health as people age. It helps promote positive attitudes, enhances cognitive and physical functions, and it's fun."



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A fitting home finale

MLB

Donaldson comes through again for playoff-bound Blue Jays

The Blue Jays' celebrations continued on the field Sunday as Josh Donaldson's walk-off solo homer served up a wild ending to Toronto's regular-season home finale before another Rogers Centre sellout.

The ninth-inning blast to left field gave Toronto a 5-4 comeback win over the Tampa Bay Rays, the latest exclamation point in a year to remember for both Donaldson and the Jays.

"He's got that flair for the dramatic," said Toronto manager John Gibbons, whose team leads the majors with 221 homers. "He really does. He's done that so many times this year."

"Really it was a perfect ending for our home season this year, it really was."

Of Donaldson's 41 home runs this season, 27 have either tied the game or given Toronto the lead. He has three walk-off homers for the year — a franchise record — and has seven over the last three seasons. No other player has more than three.

"Ever since I was young, I've always looked forward to the big moments in the game," said Donaldson. "And I want to be able to come through."

"If it wasn't for my team-



Josh Donaldson follows through on his ninth-inning home run against the Tampa Bay Rays on Sunday at Rogers Centre. FRANK GUNN/THE CANADIAN PRESS

SUNDAY in Toronto

5	4
BLUE JAYS	RAYS

mates today, I'm not even put in that position," he added graciously. "I think they did a great job of battling the entire time."

Toronto outit Tampa 10-6 in winning its fourth straight. The Jays close out the season on the road with four games in Baltimore and three in Tampa.

With a wild-card already assured, the goal is to win the American League East and secure home-field advantage. Toronto's magic number is four.

The Yankees defeated the White Sox 6-1 Sunday to re-

main four games behind the Jays in the AL East.

The Jays are tied with Kansas City for the best record in the AL at 90-65. Amazingly the Jays were 50-51 on July 28 while the Royals were 61-38.

Sunday's dramatic win followed the Jays' short but intense post-game celebrations Saturday to mark ending the club's 22-year playoff drought.

“
He's got that flair for the dramatic. He really does.
”

Jays manager John Gibbons

"It got a little out of hand for the situation, after we had a talk before the game (Saturday) about just a toast and that was it," acknowledged Toronto starter Mark Buehrle, who stepped away from the festivities.

The champagne and cigars were put away Sunday, but Donaldson still needed a towel before the day was done.

After sending an 0-1 delivery from Steve Geltz (2-6) toward the left-field seats, Donaldson stopped, dropped the bat and then worked his way around the bases in front of a delirious crowd of 47,287.

Mayhem awaited him.

Donaldson was doused by Gatorade as he disappeared into a scrum of teammates upon crossing the plate, to chants of M-V-P. The third baseman was then doused with popcorn and assorted other liquids during his post-game TV interview.

Starter Mark Buehrle, who was 5-1 with a 2.94 ERA over his last 10 home starts, pitched six solid innings for the Jays. He gave up four runs on five hits with five strikeouts and one walk in a 90-pitch outing that featured 60 strikes.

THE CANADIAN PRESS

+ MORE BASEBALL

Yankees' wild-card magic number drops to three

Luis Severino pitched five-hit ball for six innings Sunday and Dustin Ackley homered to lift New York's offence in the Yankees' 6-1 win over the Chicago White Sox.

Royals keep pace in AL

Francisco Lindor broke up Kansas City's no-hit bid with a bunt single off reliever Ryan Madson leading off the seventh inning, but the AL Central champion Royals beat the Cleveland Indians 3-0 with a five-pitcher two-hitter to keep pace with the Blue Jays atop the American League at 90-65.

Harper and Papelbon scrap

Bryce Harper and Nationals closer Jonathan Papelbon got into a fight a day after Washington was eliminated from playoff contention, tangling in the eighth inning of Sunday's 12-5 loss to last-place Philadelphia.

Harper and Papelbon exchanged words after Harper fled out in the eighth. Papelbon then reached for Harper's throat and shoved the outfielder before teammates pulled the pair apart.

THE ASSOCIATED PRESS



Jonathan Papelbon grabs Bryce Harper on Sunday in D.C. THE ASSOCIATED PRESS

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Ben Roethlisberger clutches his leg after being injured in the third quarter on Sunday in St. Louis.

BILLY HURST/THE ASSOCIATED PRESS

Steelers win despite hurt

NFL

Roethlisberger sidelined by knee injury in sack tackle

Ben Roethlisberger stayed down a long time, needed plenty of help getting off the field and finally was carted off with a left knee injury.

The Pittsburgh Steelers needed their defence to step up without a quarterback who has been hard to knock out, holding off the St. Louis Rams 12-6 on Sunday.

Le'Veon Bell scored from a yard out in the first half in his first game back after a suspension, but the Steelers' focus will be on the status of their star quarterback.

Will Allen's interception with 1:56 left set up a field goal by Josh Scobee to put Pittsburgh ahead by six points.

Pittsburgh (2-1) averaged 32 points in its first two games

but was held down well before Roethlisberger's leg got caught underneath him on a diving, sliding sack by Mark Barron.

The Rams (1-2) were limited to two field goals by Greg Zuerlein and have scored just 16 points the last two games. Their last chance ended when the Steelers successfully challenged a potential first-down catch by Kenny Britt near mid-field with 1:19 to play.

Roethlisberger hasn't missed a game since late in 2012. He won his franchise-record 108th game, passing Hall-of-Famer Terry Bradshaw, while going 20 of 24 for 192 yards and an interception.

There was no immediate word on the extent of Roethlisberger's injury.

Backup Michael Vick was 5 of 6 for 38 yards and had two carries for minus-2 yards.

Attendance of 52,433 included thousands of Pittsburgh faithful that still left the Edward Jones Dome more than 13,000 shy of capacity.

THE ASSOCIATED PRESS

NFL

Bills take Dolphins by storm in Miami

Tight end Charles Clay outran a pursuing linebacker, juked past two defensive backs and left them all sprawling as he scored the Buffalo Bills' first touchdown barely three minutes into the game.

The rout was on.

Tyrod Taylor threw for 277 yards and three scores in his first NFL road start, and the Bills embarrassed the Miami Dolphins 41-14 Sunday.

The Bills totalled 429 yards,

intercepted Ryan Tannehill three times in the first half, and led 27-0 before Miami scored late in the third quarter.

Taylor said the fast start was critical.

"We definitely know the challenges of the first road game — taking the crowd out of it," he said. "Mostly it was just going out there and executing."

Buffalo (2-1) bounced back from a dismal loss at home to New England. The Dolphins (1-

2), who began the season with high hopes of ending a seven-year playoff drought, fell into last place in the AFC East with their second consecutive loss.

The loss was the most lopsided defeat in a home opener for the Dolphins, who are beginning their 50th season.

The victory was especially sweet for former Dolphins Clay and Richie Incognito, who were co-captains for Buffalo.

Clay, whose TD reception went

for 25 yards, signed as a free agent with Buffalo after four years in the Dolphins. Incognito played in Miami for the first time since his career was derailed for a year and a half when he was implicated in the Dolphins' bullying scandal.

Another ex-Dolphin, backup Bills receiver Chris Hogan, added a final insult when he caught a 38-yard touchdown pass in the fourth quarter.

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IN BRIEF

Leafs pare down roster

First-round draft pick Mitch Marner was reassigned to the London Knights of the Ontario Hockey League by the Toronto Maple Leafs on Sunday.

Also cut from Toronto were veteran forwards Curtis Glenacross and Devin Setoguchi. THE CANADIAN PRESS

Luck is with Colts

Sunday wasn't the Tennessee Titans' day.

Indianapolis Colts QB Andrew Luck threw two touchdown passes 56 seconds apart in the fourth quarter as he rallied the Colts to their first win this season, beating the Titans 35-33. THE ASSOCIATED PRESS

Spieth brings in record haul

TOUR CHAMPIONSHIP

American takes \$22M bonus and player of year in process

At age 22, Jordan Spieth became the first \$22-million man in golf Sunday.

Jordan Spieth capped off a dream season when he poured in putts from all over East Lake and closed with a 1-under 69 for a four-shot victory in the Tour Championship. That was all he needed to become the youngest player to capture the FedEx Cup and its \$10 million bonus.

His fifth win of the year, including two majors, was worth \$1,485,000 and allowed the Texan to set a PGA Tour record with \$12,030,465. And if that wasn't enough, Spieth went back to No. 1 in the world.

His battle with Henrik Stenson long over, Spieth finished it off in fitting fashion. He made an eight-foot par putt

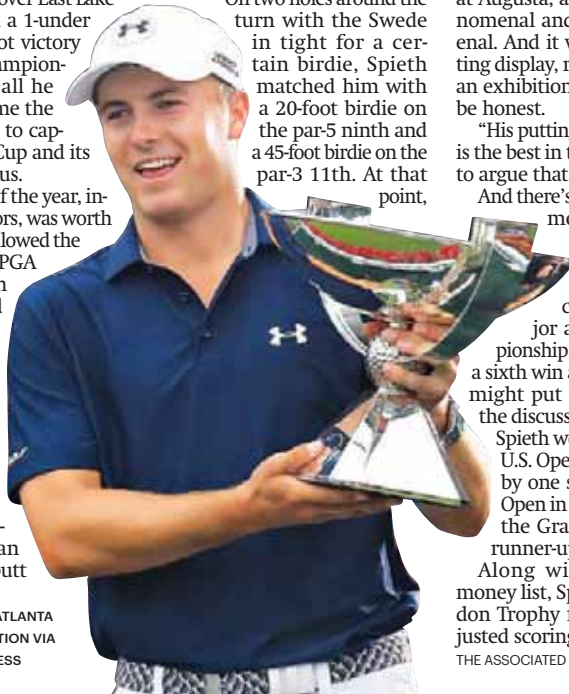
that was never going anywhere but right in the heart.

"This is one I cannot wait to celebrate," Spieth said.

The first person to greet him was his little sister, Ellie, who keeps him so grounded. His parents, girlfriend, grandfather and high school friends from Dallas were in Atlanta to watch another amazing performance in a year filled with them.

Stenson couldn't do much about it.

On two holes around the turn with the Swede in tight for a certain birdie, Spieth matched him with a 20-foot birdie on the par-5 ninth and a 45-foot birdie on the par-3 11th. At that point,



Jordan Spieth ATLANTA
JOURNAL CONSTITUTION VIA
THE ASSOCIATED PRESS

“
Boy, that putter sure paid off.”

Jordan Spieth

Stenson just stared at Spieth with a wry smile and patted him on the back.

"It's been a phenomenal year for him," Stenson said after a 72 to tie for second. "I watched it firsthand at the first two rounds at Augusta, and he played phenomenal and putted phenomenal. And it was the same putting display, really, today — just an exhibition on the greens, to be honest.

"His putting and mental focus is the best in the world. It's hard to argue that."

And there's no longer an argument for PGA Tour player of the year.

Jason Day had five victories, including his first major at the PGA Championship, and there was talk a sixth win and the FedEx Cup might put the Australian in the discussion. Not anymore. Spieth won the Masters and U.S. Open, missed a playoff by one shot at the British Open in his spirited run for the Grand Slam and was runner-up at the PGA.

Along with winning the money list, Spieth won the Vardon Trophy for the lowest adjusted scoring average.

THE ASSOCIATED PRESS



PREMIER LEAGUE PALACE CLIMBS TO SIXTH Crystal Palace rose to sixth place in the Premier League on Sunday after Yohan Cabaye converted a second-half penalty to earn a 1-0 victory over hosts Watford. JULIAN FINNEY/GETTY IMAGES

WEEKEND ROUNDUP

Bad news for Barcelona

Lionel Messi tore a ligament in his left knee in Barcelona's 2-1 win over Las Palmas Saturday. The club's all-time top scorer will be out seven to eight weeks.

THE ASSOCIATED PRESS

Kane comes through vs. City

Harry Kane scored his first goal of the season for Tottenham as Spurs roared back from a goal down to hammer Manchester City 4-1 in the Premier League Saturday, sending City to second in the table behind Manchester United.

THE ASSOCIATED PRESS

Giovino etches his name in MLS history

Sebastian Giovino broke the MLS single-season points record, assisting on two goals in Toronto FC's 3-2 win over the Chicago Fire on Saturday to push his total to 35.

THE ASSOCIATED PRESS

CFL disciplining official who blew call Friday

The CFL says its officials made an "incorrect call" against Winnipeg that had a "significant impact" in the Blue Bombers' loss to the Calgary Stampeders on Friday night. Referees

penalized Winnipeg with an illegal procedure call with 39 seconds left in the final quarter.

The result turned what would have been a 45-yard game-tying field goal attempt into a 50-yard attempt, which Blue Bombers kicker Lirim Hajrullahu missed.

Calgary won 25-23.

The CFL said Saturday that the league has reviewed the call and concluded it was "an incorrect call."

"The official who made it is being disciplined in accordance with the gravity of the situation," CFL vice-president of officiating Glen Johnson said in a release.

THE CANADIAN PRESS



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RECIPE Kale Chicken Salad



PHOTO: MAMA VINSNYE

Ceri Marsh & Laura Keogh
For Metro Canada

Can we pretend it's summer for just a few more days? A salad for dinner is an easy way to keep things light a little longer.

Ready in
Prep time: 15 minutes
Serves 4

- Ingredients**
- 2 boneless, skinless chicken breasts
 - Salt and pepper to taste
 - 1 small head of kale
 - 1 Tbsp olive oil
 - 1 cup blueberries
 - 1 cup pecans, roughly chopped
 - Dressing
 - 1/2 cup crumbled goat cheese

Directions
1. Season chicken with a

pinch of salt and pepper. Grill breasts on the barbecue or a grill pan for about 5 minutes a side until they are cooked through. Set aside.

2. Wash kale and use a sharp knife to cut out the rib of each leaf. Slice the leaves horizontally into ribbons. Drizzle with a bit of olive oil, toss, then massage leaves for a minute or two.

3. Cut chicken into bite-sized pieces. Toss the chicken, berries and pecans in with the kale. Pour a small amount of salad dressing over and toss. Crumble the goat cheese over the salad. Place the extra dressing on the table for anyone who would like a little more on their salad.

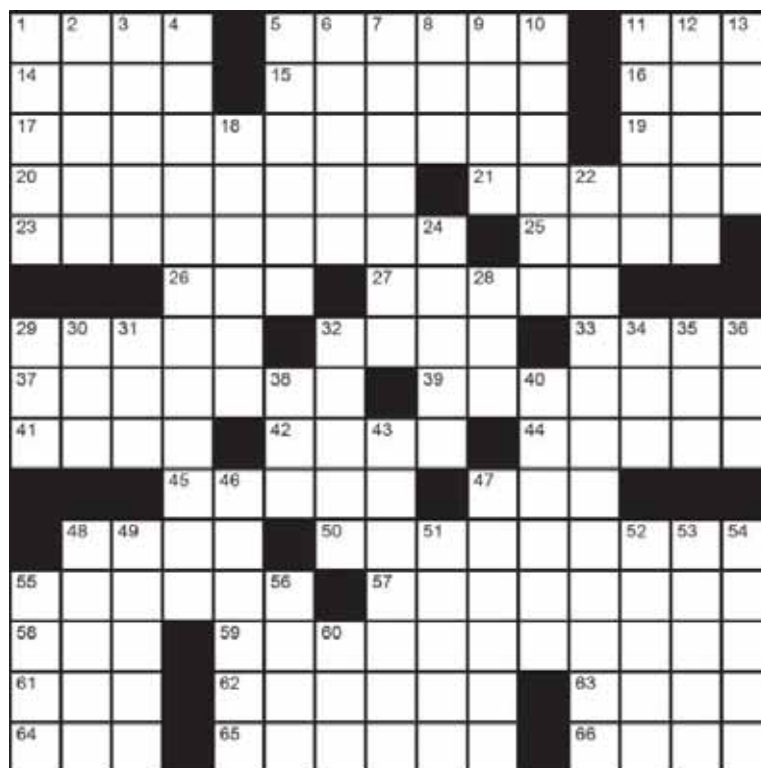
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Ancient's 750
5. Takes time drink-ing: 2 wds.
11. Carpentry tool
14. Et _ (And others, in Latin)
15. Must pay some-one: 2 wds.
16. Your, biblically
17. Mount Vesuvius de-destroyed Pompeii ... but what other town did it also bury in 79 A.D.?
19. Small, small-ly
20. Scotland's infamous monster: 2 wds.
21. Comfort from strife
23. Old-fashioned com-munication: 2 wds.
25. Hurry things along
26. Author, Anais _
27. Like por-ridge bits
29. "10" (1979) star Bo
32. Dynamites
33. Focuses
37. Sugar pill, in clinical trials
39. Cafeteria uniform requirement
41. Macbeth's bur-ial place
42. Some PCs
44. Hosiery brand
45. Skin prod-ucts giant
47. Nov.'s follower
48. Pasturelands
50. _ of North Amer-ica (Nicknae given to Quebec City by English writer Charles Dickens because of its fortification)
55. Baggies brand



57. Verdi opera, La _
58. Blood-typ-ing letters
59. Canadian actor whose films include Saving Private Ryan, The Green Mile and 61* in which he played baseball legend Roger

- Maris: 2 wds.
61. B'way's setting
 62. Each
 63. Reasoned
 64. Impatient shout!
 65. Paperback-pur-chasing person
 66. Ballpark figs.

DOWN

1. Arlene and Roald
2. Demagogue of ancient Athens
3. Around, in dates
4. Island of Montreal waterway, a National Historic Site of Can-ada: 2 wds.
5. Earnest

6. " _ _ _ Teenage Werewolf" (1957)
7. CPP = Can-ada _ Plan
8. Opposite NNW
9. Giant of ancient Greek mythology
10. Rock band, Faith _ _ _
11. Bodybuilding

- legend Charles
12. Question of selection
 13. Mr. Lovett
 18. Dissimilar
 22. Rare space event spotted by Earth-lings: 2 wds.
 24. Wood strips
 28. Airtravel screen-ing gr.
 29. Printer resolu-tion meas.
 30. Bitty Brit band
 31. Campaigned
 32. "Ain't Too Proud _ _ _" by The Tem-pations
 34. Beethoven's "Minuet _ _"
 35. Ms. Ryan
 36. Canonized titles [abbr.]
 38. BBD = Bell _ DeVoe
 40. " _ _ _ _" (Be-queather's sentence-starter in a will)
 43. _ _ _ (Restaurant occupation)
 46. Meteorologic-al map line
 47. "Mad Men" guy Don
 48. Where Tripoli is the capital
 49. Era
 51. Actress, _ Dal-las Howard
 52. Spanish ap-petizers
 53. Pitching _ _ (Camper's task)
 54. Some restaurant steak orders
 55. Whacky
 56. Superman's outfit part
 60. Narrow inlet

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you are not entirely happy with the way your life is going then do something about it. The lunar eclipse will make it easy for you to get rid of the old and make room for the new.

Taurus April 21 - May 21
Common sense will clash with ambition today. Be careful that your words and actions do not create resentment as it could cause problems down the road.

Gemini May 22 - June 21
Cosmic activity may be boosting your confidence but there are still some things that won't come easy. Don't take anything for granted because the moment you do is the moment things will go wrong.

Cancer June 22 - July 23
So many of the difficulties you have been experiencing recently will fade. There will, of course, still be times when you feel as if life is conspiring against you but accept it and deal with it. It's not a crisis.

Leo July 24 - Aug. 23
You are in a forgiving mood. But let others know you won't be taken advantage of. Don't give the impression that you are going soft!

Virgo Aug. 24 - Sept. 23
You need to accept that certain people and certain situations are too big for you to handle and focus instead on the things that you can have some effect on. Everyone has limits — work within yours.

Libra Sept. 24 - Oct. 23
Good things are happening now but don't take your luck for granted. The lunar eclipse will remind you how easy it is for things to fall apart. Not that they will, but it's a timely warning.

Scorpio Oct. 24 - Nov. 22
Disputes are likely and you will clash with someone in a position of authority. That's okay. The more you fight for your rights now the less likely it is you will be cheated later.

Sagittarius Nov. 23 - Dec. 21
Check the facts, both in your per-sonal life and at work. You must not take anything at face value over the next few days, not even if it comes from a trusted source.

Capricorn Dec. 22 - Jan. 20
Good news is coming your way, but is it good news you can trust? The lunar eclipse warns that there could be a catch. You are skilled at spotting tricksters but today it won't be so easy.

Aquarius Jan. 21 - Feb. 19
You may be enthusiastic about what you are working on but don't take on too many tasks. People won't be amused if you fail to deliver what you promised.

Pisces Feb. 20 - March 20
Make sure you keep track of how much money you spend because you could easily get carried away and empty your pockets without much to show for it at the end.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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